Footsteps Spirit 1997

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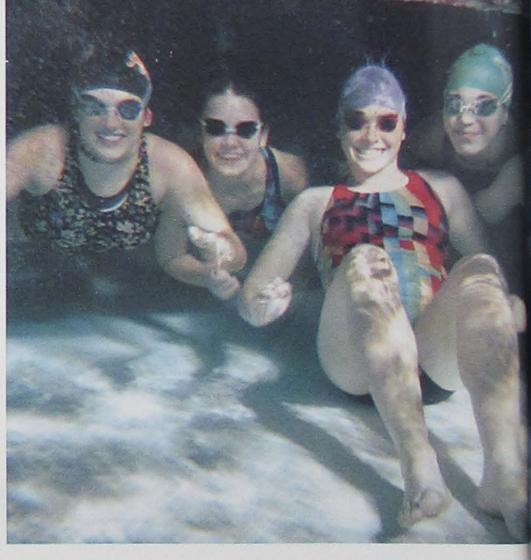
Footsteps



Ames High School
1921 Ames High Drive
Ames, Iowa 50010-5199
Phone: 515-239-3710
Fax: 515-239-3808
Student Population: 1552



Students gather in the media center lobby between classes. (Photo by Kristen McGeeney)



Brooke Winton, Katherine Acker, Lydia Van Horn, Margo Levine and Megan Stephenson. (Photo by Kristen McGeeney)

Such day feet shuffled through the same hallways, from classroom to classroom. At times these days seemed to lur together into one continuous day. But interrupting the cycle were the out-of-the-ordinary events and great accomplishments.

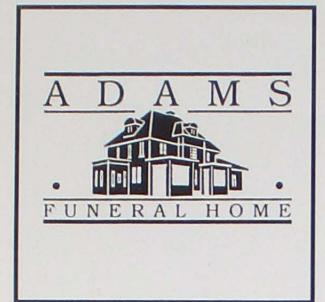
A sense of accomplishment filled the students and teachers on urviving the first day of finding classes and introductions. Sport eams set out to make this year their year to shine in the record ooks. Clubs, adding new members and new ideas, discovered ew ways of leaving their mark on the community and student ody.

Perhaps the memories that will stand out are not those that touched everyone in the school, but just one or two individuals. Helping out a friend in a hard time or seeing an A for the first time on a semester report card were the strongest memories.

From six o'clock in the morning until ten o'clock at night, memories were made through involvement in and out of classes.

Opening 3

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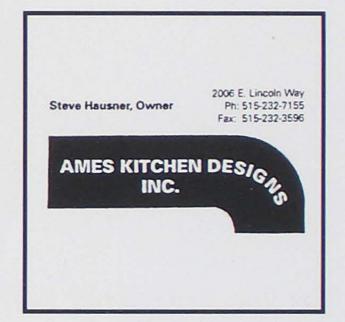
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School is far from just the classrooms and books; it goes beyond to student life. Memories were made through the annual events like homecoming and graduation. The impact of the student body was felt in the community through activities such as winter madness, welfare week and volunteers.

Each year is marked by the accomplishments and recordbreaking performances of sports teams. Team numbers stood out not only in scoring, but in the number of people involved.

Naturally, academics played a large role in the life of the school. Students worked to excel in classes, ranging from learning to care for a child to the movement of light particles.

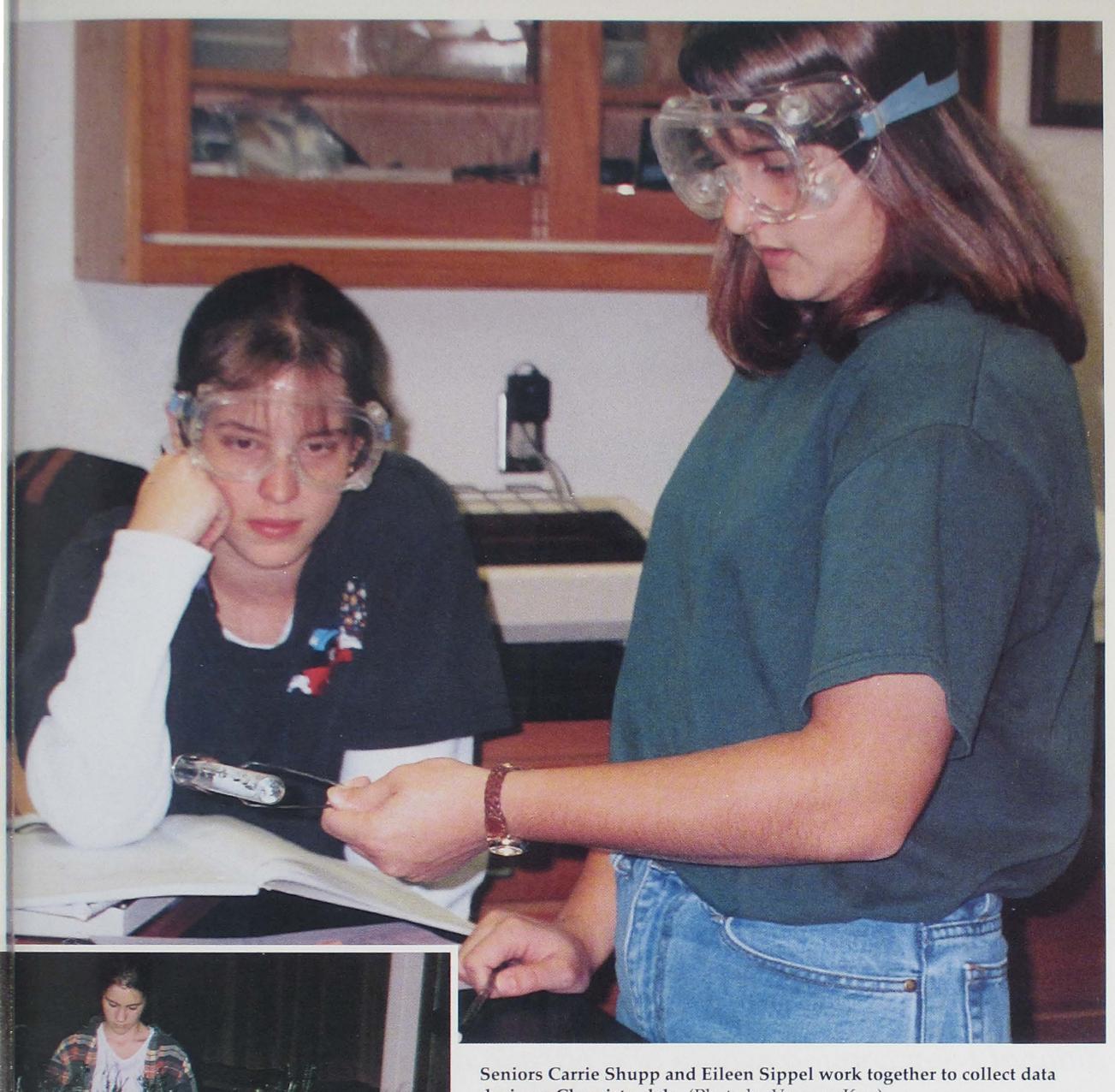
With over forty organizations, there was always the opportunity to get involved. Students made a difference by recycling the school's paper or being a part of student government.

From singing in All-State to directing the One Acts, performing arts offered students a variety of ways to show off their talent in drama and music. This included band, choir and orchestra concerts, a musical, plays, and Terpsichore

One thousand five hundred and fifty-two people filled the halls each day. Through their involvement in the school and community they left their Fortsteps.

6 Opening





Seniors Carrie Shupp and Eileen Sippel work together to collect data during a Chemistry lab. (Photo by Vanessa Kuo)

enior Kara Ziemet decorates for Winter Formal. Photo by Vanessa Kuo)

The senior class celebrates their victory in the Homecoming class olympics with events of body spell, tug of war and relay race. (Photo by Jason Rearick)



Though school work was time consuming, students found time to take part in activities outside of school. School spirit was "Too Hot to Handle" during the tra-

ditional homecoming events of a parade, a bonfire and a dance. Students showed the same spirit when giving back to the community by raising \$1570 for Christmas presents for underprivleged families. Business people from the community assisted students in planning for the future during the first career fair. Carrying on old traditions and making an impact in the community while preparing for the future was a part of life as a high school student.

Junior Chris Devine competes for the title in the nail driving contest at the Career Fair. (Photo by Jason Rearick)



Life In Eur Shoes
Student Life - 9

Hot Spirit Who says that our school lacks spirit?

By Vanessa Kuo

s always the infamous A white toilet paper strung on the trees greeted the students on Monday morning. However, the traditional spirited act almost didn't happen.

"We had half an hour till the cops said we had to leave, but I didn't think they (police) would stop us because I heard that they just didn't want us to vandalize the school," freshman Morgan Quinn said.

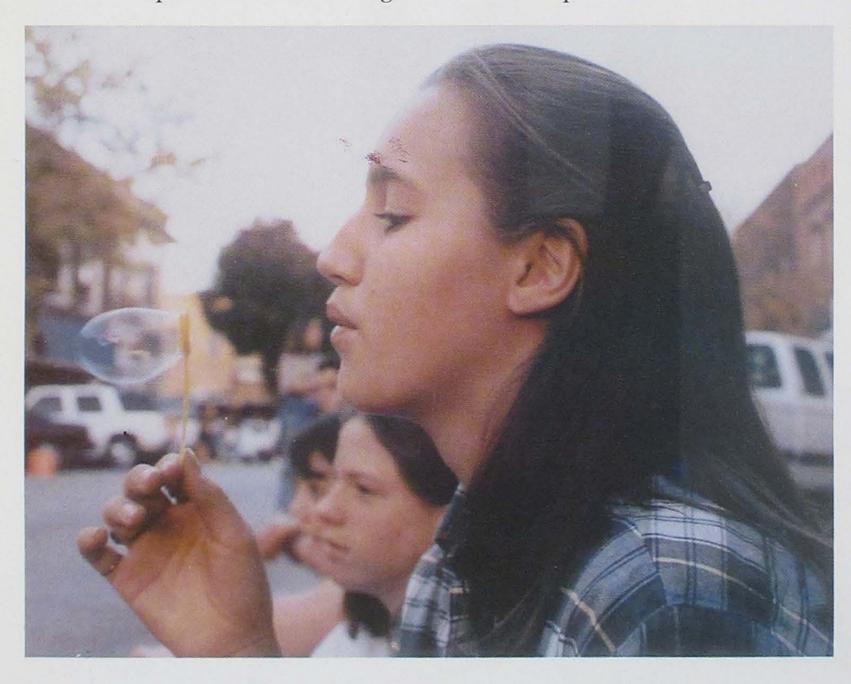
TP-ing was one of the many ways students were able to show their enthusiasm for homecoming. The parade, the daily activities and the football game all provided students a chance to show their crazy styles and their enthusiastic spirit for homecoming.

"I really liked the dress up days, especially pajama day," senior Jenn Sargent said. "I wish it could be pajama day every day."

And who could forget the exciting football game against Dowling? For many students on and off the field, it was the highlight of the the week.

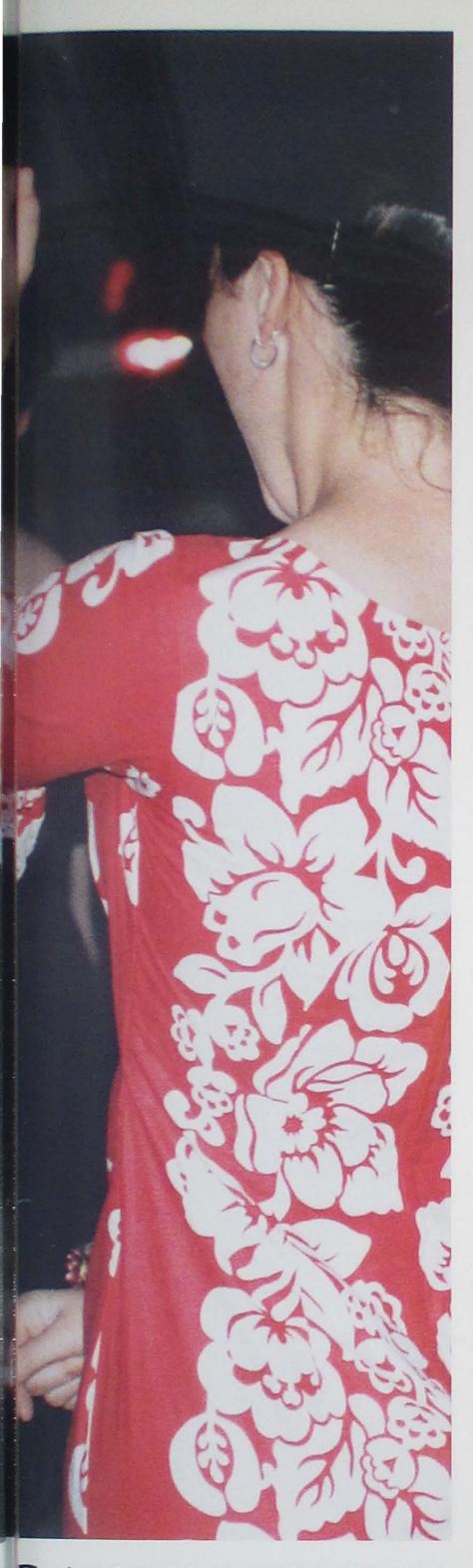
"The football game was awesome. Everyone was very enthusiastic and the atmospere was great," junior James Grant said. "It was cool that everyone had so much spirit."

Showing school spirit was the point of homecoming, and by participating in the numerous events, the students showed that they possessed that spirit.

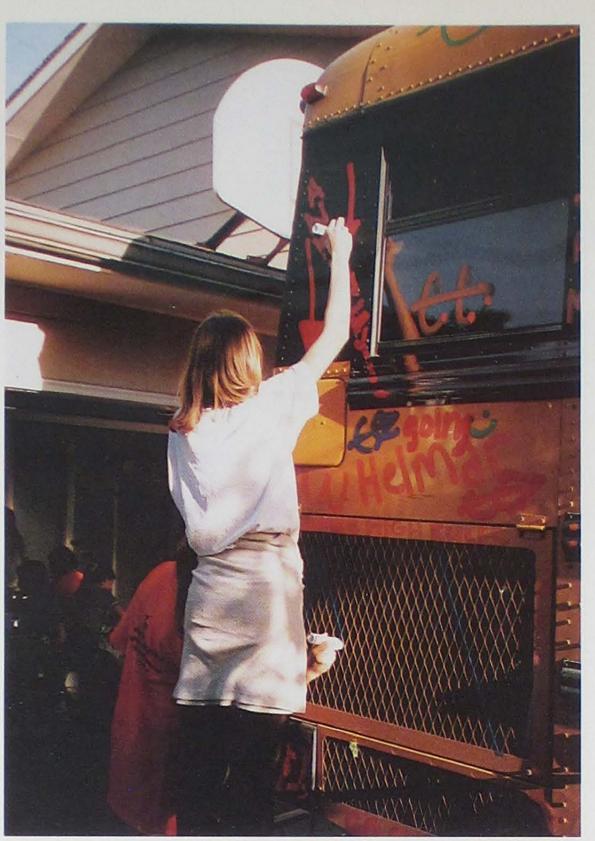




unior Rachel Best blows bubbles while wait ing for the parade to come through. "The parade was cool especially the CC bus which I helped decorate, but I didn't ride. I was just sitting, blowing bubbles, and watching the parade, " said Best. (Photo by Lori Bates)



Senior Michael Morian spins senior Anne Barnhart around at the dance. "My mom ad Tahitian roommates in college and they nade her a mu-mu and a matching shirt," seior Michael Morain said. (Photo by Jessica ohlman)



C ophomore Tifof fany Belz helps decorate the cross countrybus at spaghetti club before the parade. Team members decorated the bus with car paint that was only meant for the windows. Which meant that the decorative paint stayed on the body of the bus for a while. (Photo by Jessica Polhman)

Riding in the end result of the girls' cross country's hard work are freshmen Danielle Cain, Emily Johnston, and Susan Vleck. Although very colorfully decorated, the bus was not complete until the girls put on the finishing touch, themselves. (Photo by Lori Bates)

In Your Opinion . . .

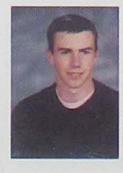
What would you change about Homecoming?



"I'd put the dance in a gym where the temperature would be seventy-two degrees instead

of a hundred degrees."senior **Brian Good**

"Not much. I had a cool date and it was pretty fun. The music could've been a little better, like more slow songs



and stuff I've actually heard before."-sophomore Courtney Moore





Teachers Terry Mickelson, Don Faas, and athletic director Dave Posegate attempt the Macarena. "You know the Macarena is getting old when the teachers are doing it," senior Jason Foster said. (Photo by Lori Bates)

Student Life 11

Junior Eric Upchurch assists in building a brick wall during the Career Fair. Business people from around Ames showed students the variety of opportunities that were available. (Photo by Jason Rearick)

Senior D.J.
Burgduff is surrounded by letters and pamphlets from colleges that he received in the mail. Students found the constant attention a bit overwhelming. (Photo by Erin Wentworth)





In Your Opinion . . .

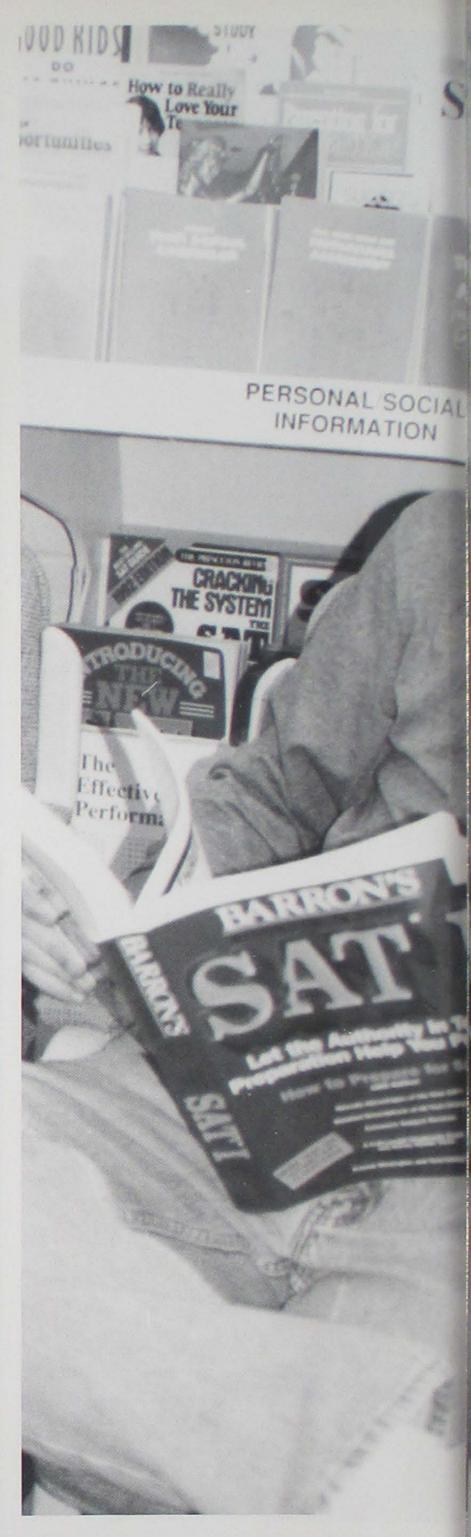
What is your dream college (no restrictions)?



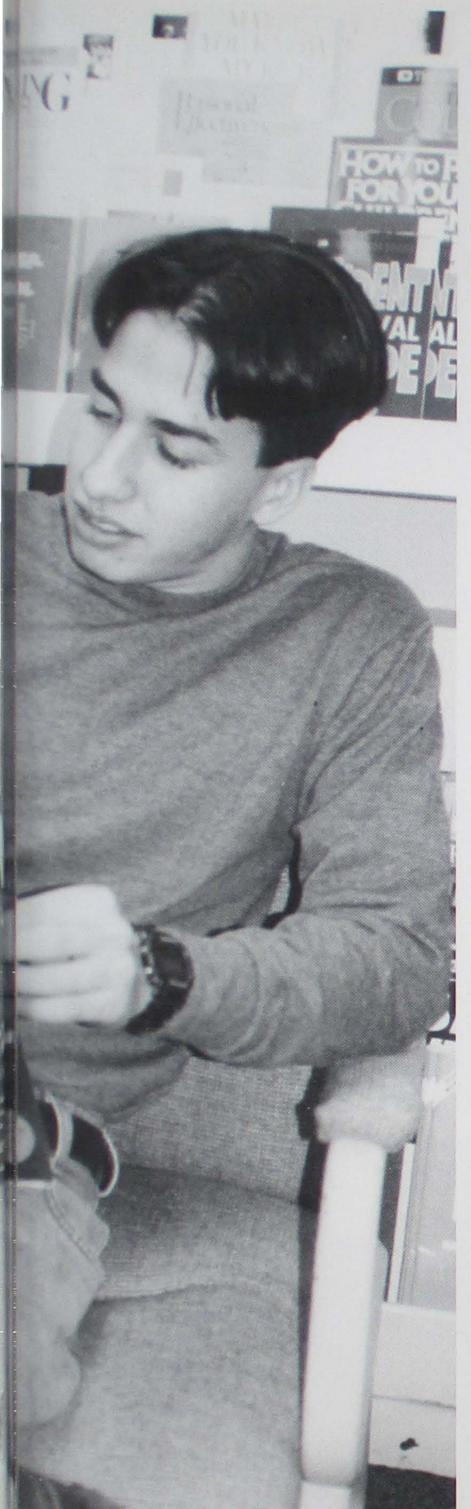
"I would go to North Carolina so that I could play women's soccer." freshman Jessica Bents

"I would go to Colorado because then I could ski and hike all the time" - junior Matt Olson





Senior Nate Jones looks through an SAI book in Student Services. Students found that using the available resources helped then make decisions. (Photo by Julie Tosten)



Senior Jessica Pohlman practices her sawing skills during Ames High's first areer Fair. (Photo by Jason Rearick)

Planning Ahead

High school prepared students for the future

By Karen Olson

Ames High, most students continued their education by entering college, joining the military or getting a job. The decisions that students had to make were difficult ones that required lots of thought. One step in deciding their future was taking Interest Inventory tests, where students found what occupation they would be good at. However, some students didn't find these tests very helpful.

"The PLAN Interest Inventory test results were wrong for me," sophomore **Nick Myers** said. "They said that I should be a plumber or something

that totally didn't interest me."

Students who planned to go to college discovered helpful hints as they filled out applications. One of the biggest tips offered was to apply early.

"I would say start early. I filled out and sent applications to five colleges during my junior year," senior Erica Wehner said. "I've been accepted to all of them, so now I can take a closer look and see which school is for me. It takes a lot of the stress off of your senior year."

Many steps had to be taken to prepare for the future. Early preparation equaled a smooth transition to the next level.

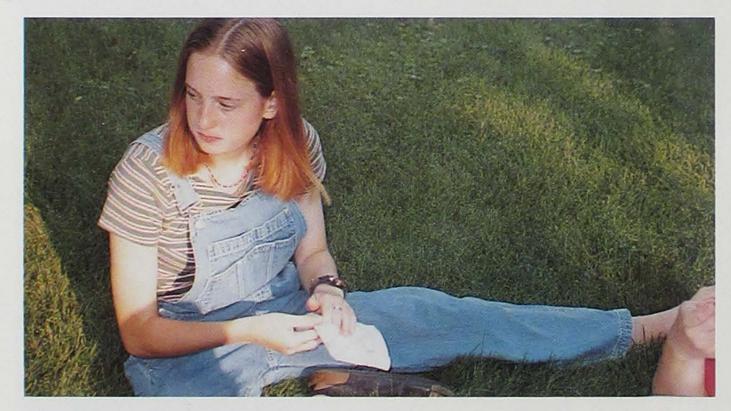


Senior Sean Gleeson shows off his hip wallet chain. Wallet chains were banned by the administration this year. "Everyone tells me how cool I am when I wear my chain," Gleeson said. (Photo by Elizabeth Hoyt)

Just because shirts advertising for alcohol were banned at the high school does not mean they weren't worn. Bud Light merchandise was a popular item with students at the high school. (Photo by Elizabeth Hoyt)

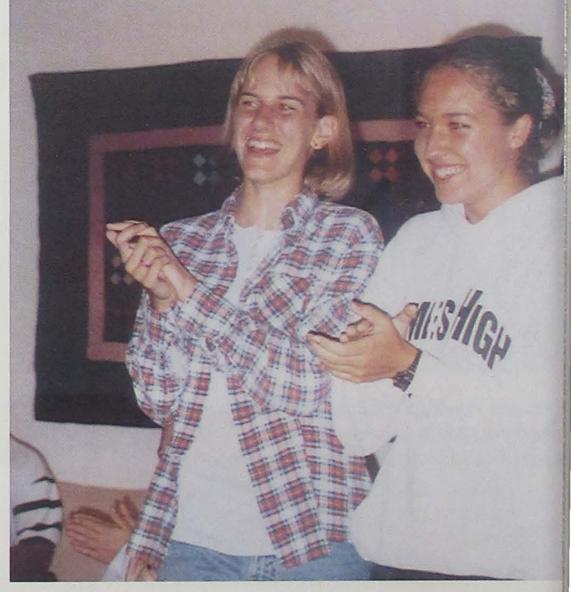




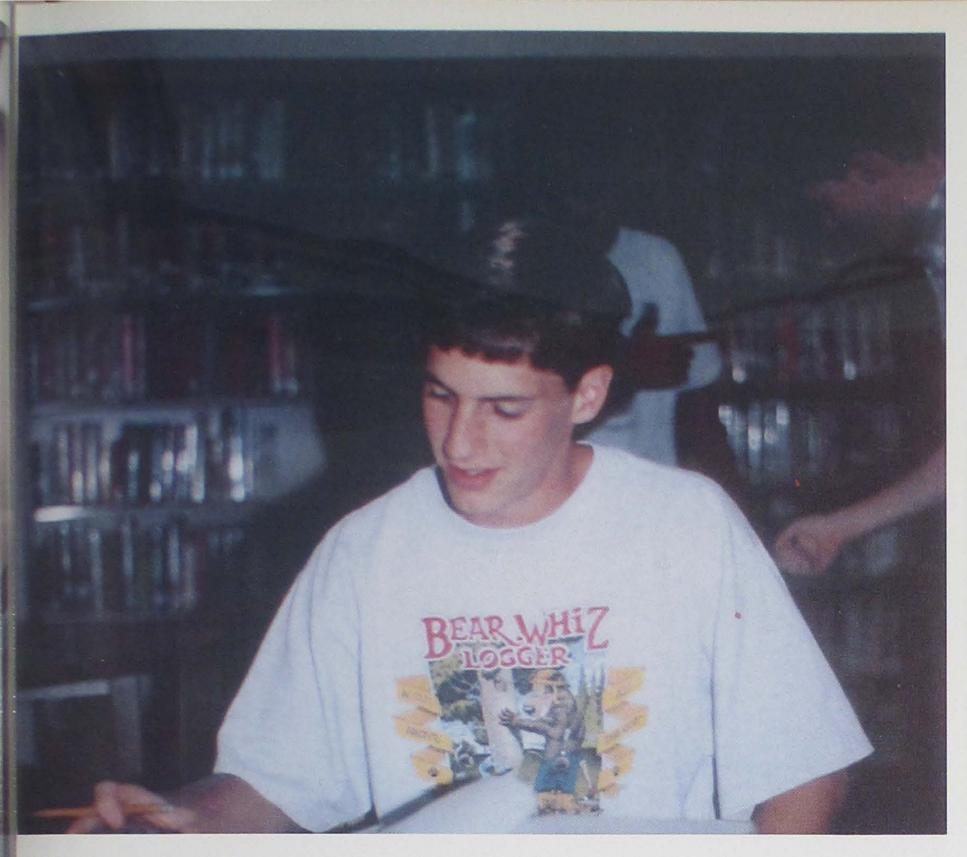


Senior Jennifer Sargent wears a popular article of clothing, overalls. "They're my favorite clothes because they're comfy," Sargent said. (Photo by Vanessa Kuo)

Sophomore Lindsay Heiligenthal and junior Trisha Dau dressed comfortably for spaghetti club. "We just wore what we felt like," Heiligenthal said. (Photo by Vanessa Kuo)

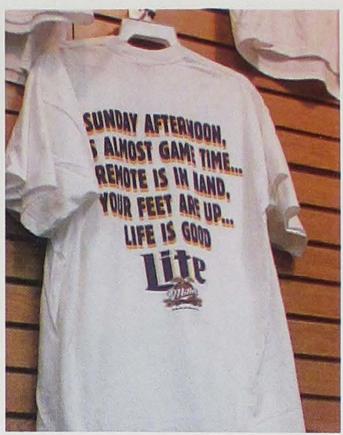


14 Dress Code



Senior Jon Titus sports his Bear Whiz Beer shirt. He bought the shirt at a border store on a fishing trip to Canada. "My parents don't like it much," Titus said. (Photo by Elizabeth Hoyt)

Clothing with a combination of alcohol and sports was another common choice of students. This Miller Lite shirt promoted watching sports and drinking beer. (Photo by Elizabeth Hoyt)



Freedom of Expression

Students Feel the Effects of the New Written Dress Code

A mes High School has always been a place of various styles. Walking hrough the halls, one saw many different clothing and styles. This variety reflected he great diversity at the high school. In he last few years, however, this diversity was curtailed.

"Students need to be wellgroomed, dressed appropriately and tasteully." This sentence, the first under the neading "Improper Dress" in the 1996 Ames High Student Handbook, seemed ather vague and open to interpretation.

"Who decides what's tasteful?" reshman **Stephen Goldman** said. "I mow a lot of teachers who wear clothing hat is definitely not tasteful."

"You can't please everyone all of he time," senior **Steffi Drewes** said. "Of-

"With my clothes the same, I can't tell Thursday's socks from Wednesday's underwear."
-Marc

Scholten

fensiveness is in the eye of the beholder."

As in past years, clothing with advertisements for alcohol, tobacco, or drugs was also not permitted. Students with extensive collections of clothing fitting into this category felt the rule was unfair.

"If I'm not allowed to wear my beer shirts, I'll have to wear the same shirt every day! Is it really worth the odor? Besides, it's just plain stupid," junior Brent Fogarty said. "It's not like I'm encouraging people to drink. It's just a logo for crying out loud!"

Perhaps, in future years, the dress code will be redefined to where it is acceptable to everyone. Then again, maybe not. It will remain to be seen whether the dress code will create more problems than it solves.

By Corey Beck

Freshman Jonathan Hoyt, Steve Johnsen, Ryan Hutchison and Curt McGeeney kick back and play videogames to pass some free time. (Photo by Kristen McGeeney)

Juniors Dawn Tesdall and Adrienn Lanczos relax with popcorn, refreshments and a good movie. Hanging out at home was often times the way to go for students. (Photo by Kristen McGeeney)





Hanging Around Jown

Students seek ways to escape the pressures of school

There were a variety of ways that students spent their time after walking out the doors of AHS. While some traded in the books for a part-time job, others simply worked at finding the best ways to relax.

"I bowl every Saturday morning on leagues at Twentieth Century Bowling," freshman **Jason Ashley** said. "I also like to play basketball with friends."

In a town primarily geared towards college students, some people preferred to spend their time at home.

"As far as hangouts go, I'd have to say my favorite is my couch," sophomore **Sam Miller** said.

There were other options besides

"I bowl every
Saturday
morning on
leagues at
Twentieth
Century
Bowling."
Jason Ashley

movies and bowling, and many found their fun elsewhere.

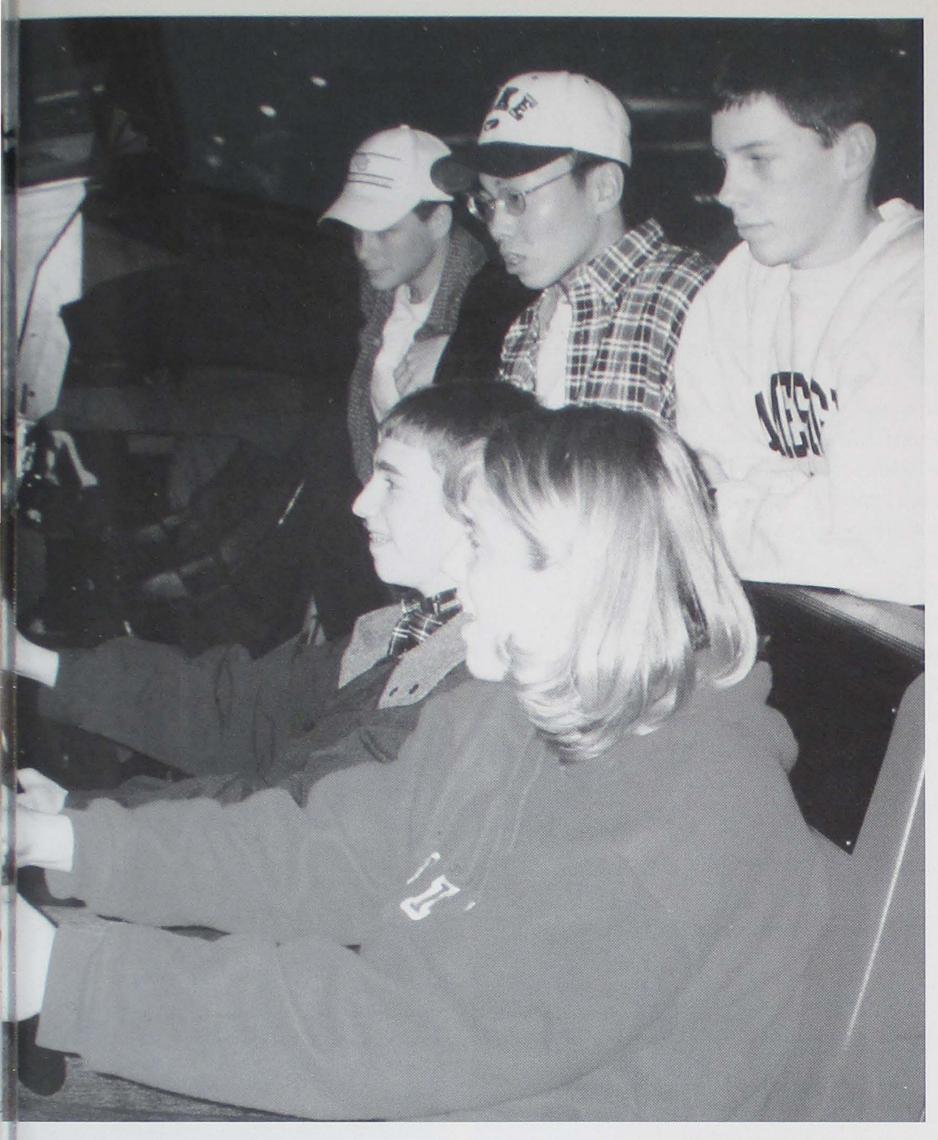
"One popular hangout I know of is the M-Shop in Campus Town," junior Luke Peterson said. "Quite a few people spent their Saturday nights there."

While some kept busy enough with school, there were those who found time for work as well.

"I play in Pep Band, so I'm at games of Friday nights," senior **Jon Minion** said "I do find time for work though. I work about twenty hours a week a McDonalds."

All in all there were a variety of ways students found to escape the pressure and stress of the academic world.

By Andrew Brodi

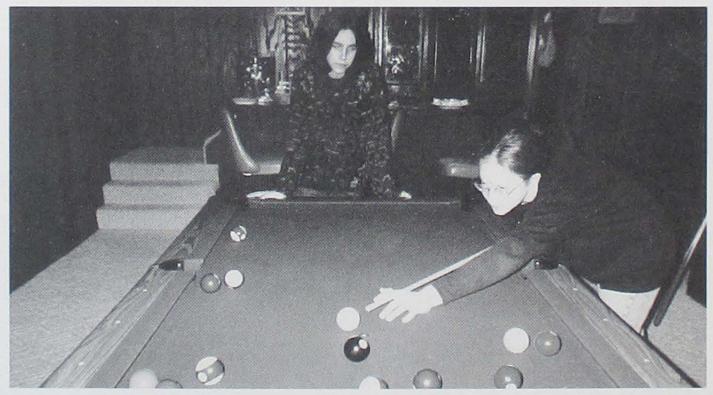


Sophomores Jessica Ensley and Kyle Schilling play an arcade game while freshman Mark VanderZyl and sophomores Nicholas Myers and Brian Jensen look on. Groups of people often got together to spend free time with each other. (Photo by Lori Olson)

Senior Steffi Drewes takes time out to eat dinner and share a laugh with friends. Despite busy schedules, students found time to hang out with friends. (Photo by Jessica Pohlman)







Juniors Robbie Smalling and Jon Sedgwick pass time by playing basketball. (Photo by Kristen McGeeney)

Freshmen Maya Anderson and Jamie Siefert play a game of pool. (Photo by Stacey McConnell)

Overplayed Ads

Constant political ads annoyed students

By Karen Olson

A t any given time, one could either hear, see or read about a candidate's political record and personal life. Political ads could be seen for a long time because Iowa holds the first caucus in the nation.

"I thought that the campaign was really long, and I was glad when it was over," senior **Jennifer Sargent** said. "The ads get annoying."

Many times the ads didn't deal with important issues. Instead, ads often pitted the record of one candidate against the record of their opponent.

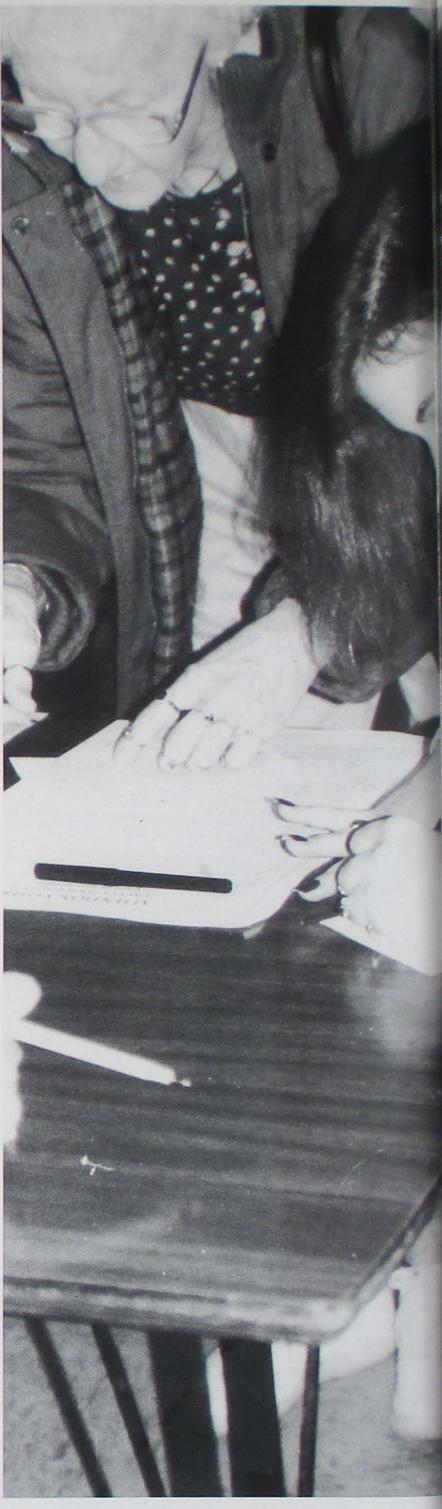
"I think that all campaigning has become negative," junior **Joe Ward** said. "Every ad I see, all they do is bash each other. I think it is time to face the issues instead of each other."

Ads were continuously publicized in the media. Whenever the radio or T.V. was on, chances were that one would see a political ad.

"The ads are overplayed and boring," sophomore **Adam Stegge** said.

While watching and listening to political ads got old, they also served an important purpose. Without these ads, many people wouldn't have been exposed to any of the issues surrounding the elections.

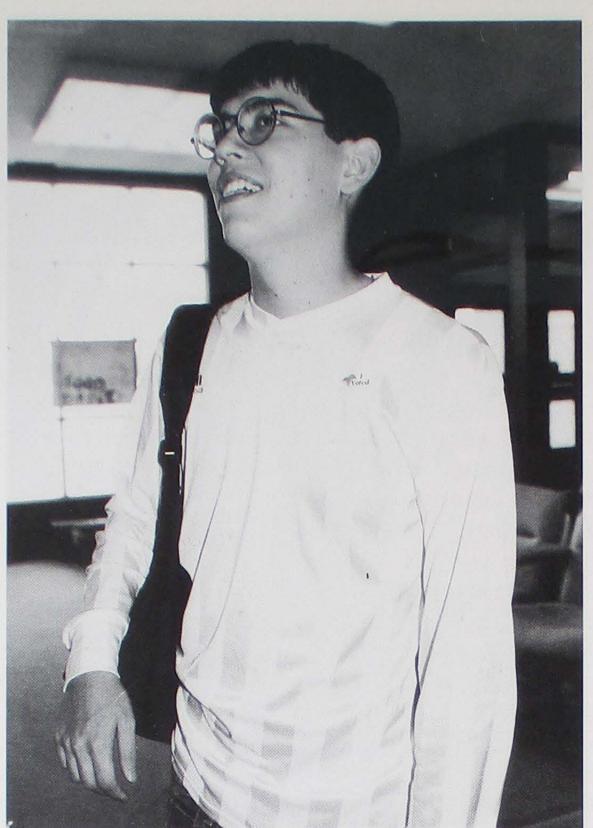




Republican candidate for the Third Congressional District Mike Mahaffey shakes hands with Senator Charles Grassley in Ames High's multi-purpose room. Mahaffey came to Ames High to talk with students about his viewpoints. (Photo by Jason Rearick)



Senior Tenille Castonguay registers to vote for the first time. Her advice, "If you don't ke who's in office, make a difference and ote." (Photo by Jessica Pohlman)



Senior Ken Okiishi proudly shows off his reward for his first time voting efforts. "It was really weird voting for the first time. I filled in these bubbles--it was kind of like ITEDS--only I used a marker instead of a #2 pencil, and it actually mattered," Okiishi said. (Photo by Jessica Pohlman)

Senior Andrew Yee looks at a <u>Time</u> magazine featuring a story on the elections. The media, ranging from news magazines to network television programs, often detailed the latest events in the campaign. (Photo by Jessica Pohlman)

In Your Opinion . . .

Who would you vote for in the 1996 election?



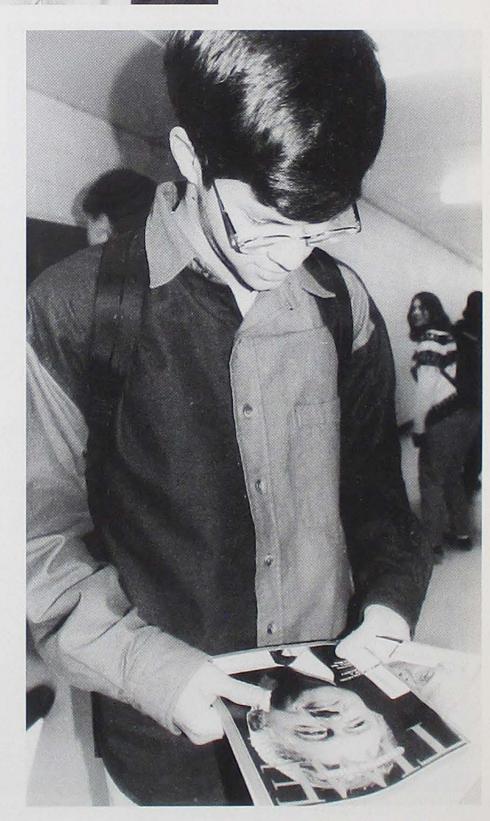
"None of the candidates were very appealing so I wouldn't have wanted to vote, if I could."

-- freshman Morgan Quinn

"The options that we had to choose from weren't very appealing, so I doubt I could have voted if I could have."— ju

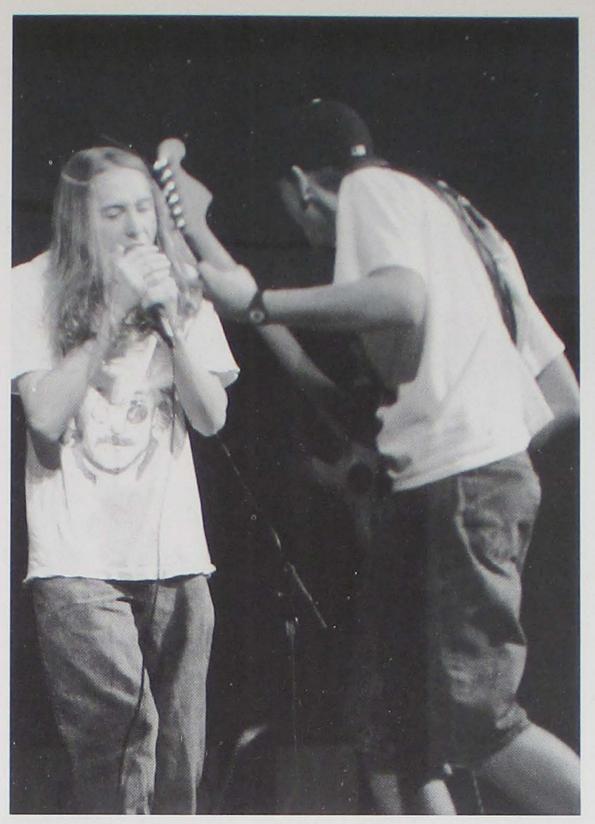


could have."- junior Rachel Lasley

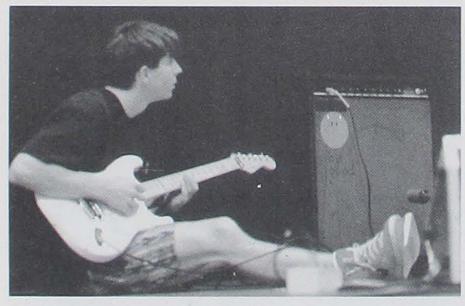


Senior Jason
Lippard
yells into a microphone while senior
Chad Carr plays his
guitar during Battle
of the Bands. They
were both members
of the band JUNK
which apppeared
annually in the Battle
of the Bands. (Photo
by Jason Rearick)

S enior Dim Kostic plays his guitar while sophomore Sam Wong plays the drums. They were a part of the largest band that performed. Their group included the band plus dancers and people lounging on a couch. (Photo by Jason Rearick)







Senior Travis Nichols takes a seat while playing his guitar. Many participants took the opportunity to get some friends together and try the fame thing. (Photo by Jason Rearick)

In Your Opinion . . .

What musical group would you like to see come to Ames?

"Stomp. Then we could make use out of the buckets in the halls."

- f r e s h m a n Laura Woline





"The Beach Boys because they are wicked-sweet!" - sophomore Cameron Staff



Senior Nick Propes jams on his guitar during Battle of the Bands. Students took this opportunity to showcase their talents. (Photo by Jason Rearick)

reshman Dan Carter holds the microphone for senior Nishant Parulekar as he jives on is guitar. (Photo by Jason Rearick)

Students Rock

Students shared musical talents to raise money

By Karen Olson

1260 students gathered to hear some of their most musically talented peers at 100th Green Butterfly's Battle of the Bands. The event was held to raise money for environmentally friendly causes.

"We raised money to buy trees for the high school and also for recycling bins for the Ames Public Library," senior Emily Mize said. "We raised about \$600."

For the six bands who played in the big show it was a chance to expose Ames High students to new types of music.

"It was really cool to collabo-

crowd of approximately rate with a bunch of different people to make some music that was really fun to play," senior Ryan Haynes said. "Not too many people knew how to skank (dance to ska music) but it was still fun, and it was for a good cause."

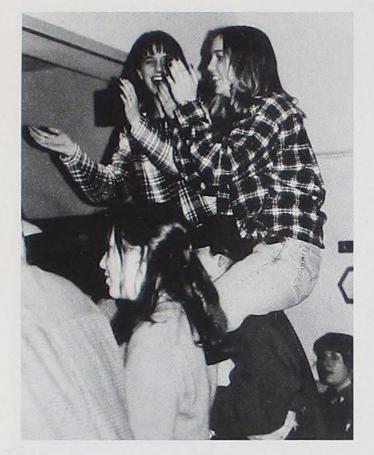
> Taking part was not only about sharing musical talents but also about helping out Mother Earth.

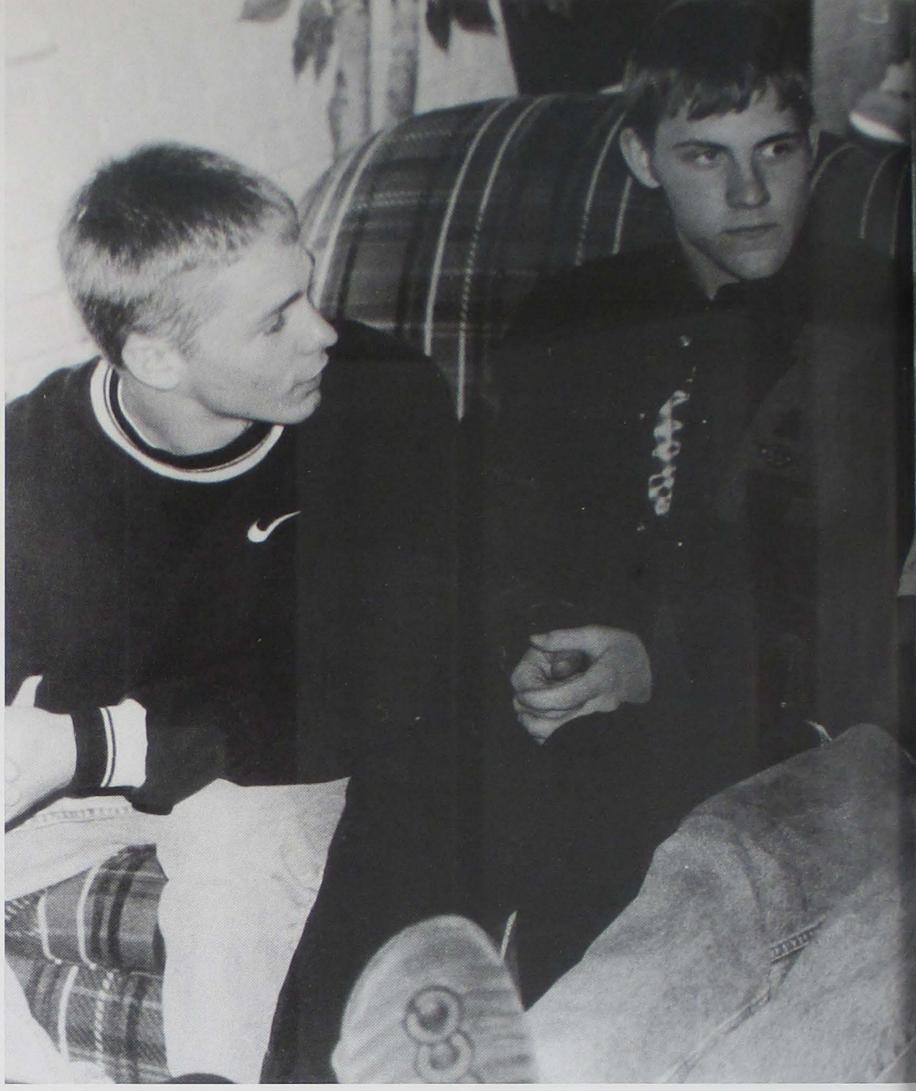
"It's a beautiful thing when a variety of 'interesting' students milk an opportunity like this not only for their egoboosts, but also to raise money and to display their many talents," senior Nishant Parulekar said.



Sophomores Jeff Kinley and Jess Clyde discuss accountability among friends at a Fellowship of Christian Athletes meeting. (Photo by Lori Bates)

Sophomores Sarah Nutter and Kristin Larson have a blast at primetime. Good music and live bands were always on hand during meetings. (Photo by Jessica Pohlman)







Seniors Lindsey Litchfield, Jon Coy, Beth Foote, and Rachel Abbott talk during a break at primetime. (Photo by Jessica Pohlman)

A group of students mingle while waiting in line to get a drink during intermission. (Photo by Jessica Pohlman)



22 Religion



Juniors Emilie Wall, Jamie Day, Rachel Randall, Nathan Anderson, and Gary Eaches meet together before Salt Company. (Photo by Lori Bates)

Senior Rennesa Osterberg and sophomore Nealy Rebarcak meet and discuss accountability in their small group. (Photo by Lori Bates)



Church and State

Students pondered lessons of life and those from beyond

They put a crown of thorns on his head, nailed him to the cross, and they let Jesus hang there, mocking and string on him," freshman Leah Sokoll s.d. "That kind of love is hard to unders.nd."

Understanding was a cornerstone for a religions, and many students believed that it affected the way people interact.

"A person is usually defined by their a ions, but we act on our beliefs," senior **I te Jones**.

Beliefs and life philosophies changed ad formed around religions. However, for many students, religion has taken a back seat role to life and other activities.

'It's affected my outlook or view on life as whole, but it doesn't directly affect all

"A person is usually defined by their actions, but we act on our beliefs."

— Nate Jones

the decisions that I have to make every-day," junior **James Grant** said.

Many students prayed to deal with the pressures and stresses that school and other activities could bring.

"It (praying) helps me to cope with decisions that I have in day to day life," junior **Tonya Goodall** said.

However, a significant portion of the student body was a little bit leery about God. Many students concentrated on things that were more tangible.

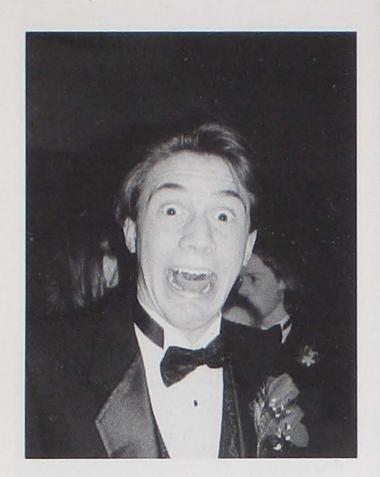
"I haven't seen any evidence that there is a god," junior **Joe Obrycki** said. "I try to focus on what's here, and what's real, not on what people think is out there."

And so the age-old dilemma. To believe or not to believe...

By Zach Keller

All the candidates wait patiently to find out who will be crowned king and queen of Winter Formal 1997. (Photo by Julie Tosten)

Ichael Morain, startled by the flash, was stylin' in a tux on Winter Formal night. (Photo by Julie Tosten)





Stylish for the Night

Students enjoyed Winter Formal despite the changes

On Saturday, January 4, 1997, the Senior Girls Club presented Starry, Starry Night. Many students enjoyed being a part of the dance atmosphere and seeing their friends dressed up.

"Getting dressed for Winter Formal was quite an experience," sophomore **Ben Grotewold** said. "I got home from Florida one and a half hours before we ate supper."

A fact that put a damper on the festivities was that student had to return to school the following Monday.

"It seemed less fun than in years past," junior **Kelly Hallihan** said. "I think it's because we knew we started school again on Monday and finals were around the

"I love getting dressed up, and seeing my friends dressed up, for dances and going to them"—Kelly Hallihan

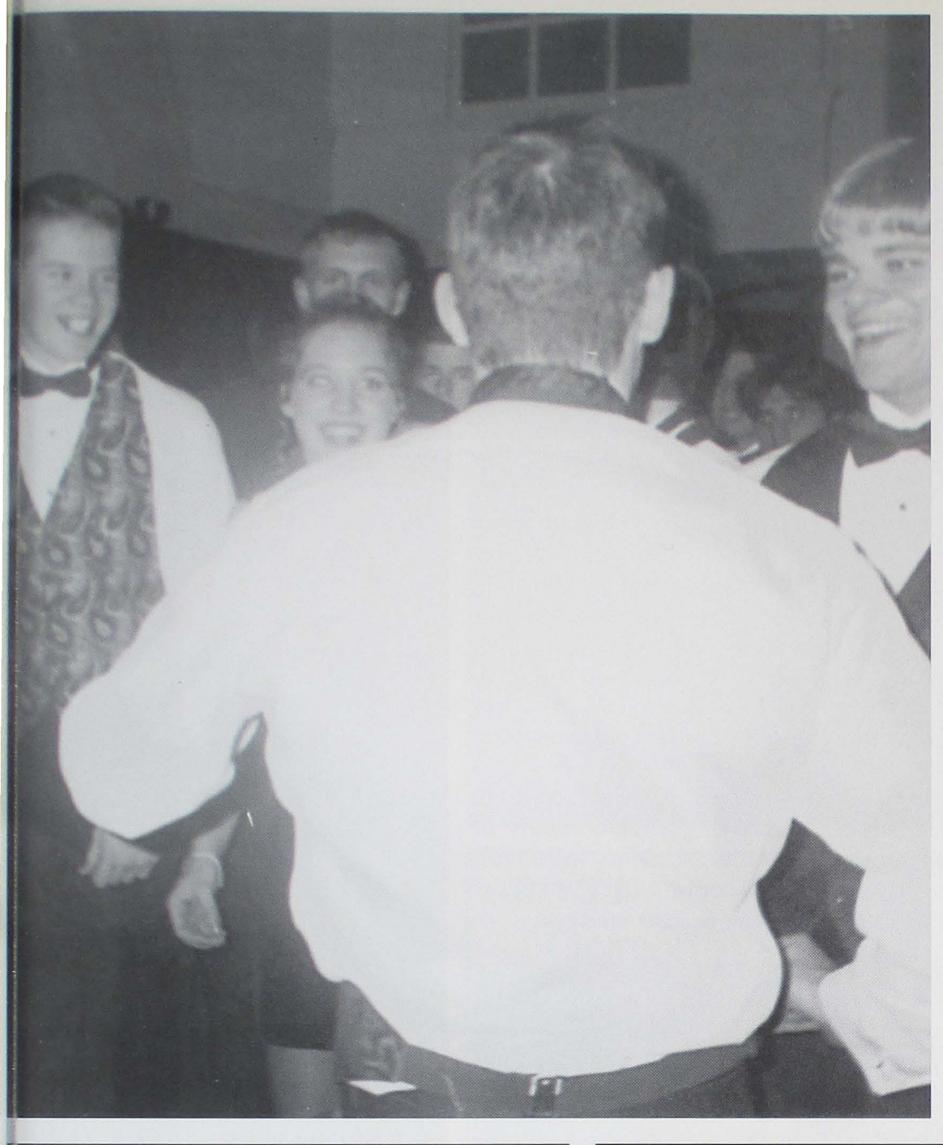
corner."

Having fun was a big part of going to Winter Formal. Students went with people whom they would have fun with In some cases, students were let down because the night didn't meet their expectations.

"It wasn't one of my best nights," se nior **Leah Haas** said. "After break I just wasn't ready or in the mood for it. I think it would have been better before break."

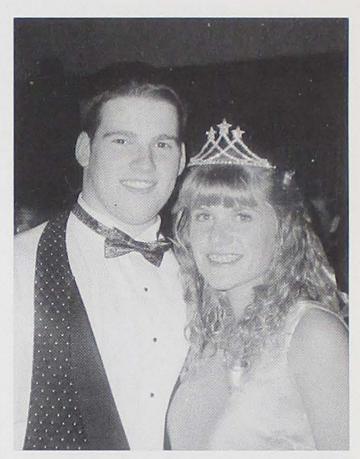
Besides the time, the location of Winter Formal was also changed from the Sur Room to the Great Hall. Despite the changes to Winter Formal, one of the big aspects of it remained the same: it proved to be a night of fun.

By Erin Wentworth

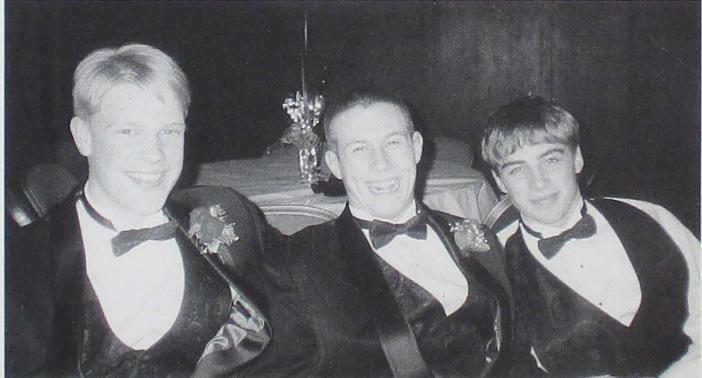


Juniors Aaron Harris, Ethan Dunham, Trisha Dau and senior Brian Fliehler watch an unidentified student show off his dance moves. (Photo courtesy of Andrea Gunning)

Winter Formal Queen senior Heather Herold and Drew Hamilton smile for the camera. (Photo courtesy of Carol Crawford)







Senior Kara Ziemet prepares to announce the King and Queen of Winter Formal. The King was Chris Tuttle and the Queen was Heather Herold. (Photo by Julie Tosten) Just hanging out at the dance, juniors Jason Eernisse, Jeff Roeske and Tim Sexton pose for a picture. (Photo courtesy of Carol Crawford)

Away from School

Outside of school activities kept students busy

By Andrew Brodie

school sports and activities were enough alone to keep students busy. For some, however, it was not the end. Many students stayed extra busy with various outside of school activities.

"Homework and school sponsored activities are enough to keep me busy," sophomore Sam Miller said. "But on top of that, I have even more to do with non-school related activities."

The most common activites were music or dance instruction, along with club sports. Some students enjoyed less common activities such as

Jours of school and after horseback riding lessons. Whatever the activity, all students enjoyed working and learning at the same time.

"I've taken dance since I was four and I'll be really sad when it's over because I've enjoyed it," senior Jill Baker said.

Some students felt that they didn't get a lot of recognition for their efforts since it was outside of school.

"We practice hard in dance, and I wish we got a little more respect for what we do," junior Shannon Smith said.

Enjoying a wide variety of activities, students were willing to commit the extra effort to explore their interests.

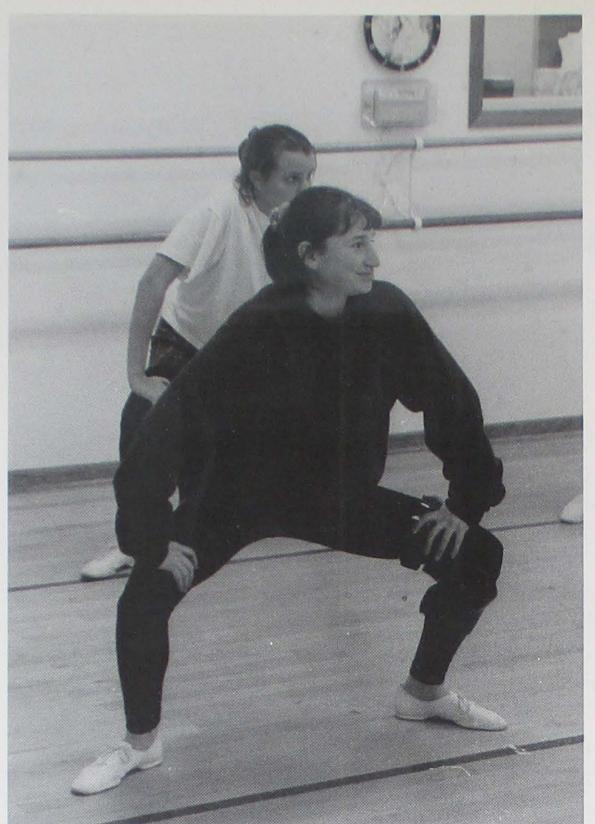




unior Holly Hampson attempts a jump while preparing for a horseback riding competifion. While most students enjoyed activities such as music lessons and club sports, students such as Hampson took the road less traveled. (Photo courtesy of Holly Hampson)



unior Amanda Sally practices piano at one of her private lessons. While some students rticipated in band, others looked to private l sons for their musical interests. (Photo by Lri Bates)



Sophomore Katie
Doyle partakes in
stretching activities
prior to dance lessons
at the Beth Clarke
Studio of Dance and
Design. While
stretching was not
the most enjoyable
part of class for
students, it was an
important aspect of
every lesson. (Photo
by Jason Rearick)

Sophomore Missy Ridnour is captured in the middle of a dance routine. While many of the dance routines were regular activities at the lessons, they all helped to prepare students for their recitals and other performances. (Photo by Jason Rearick)

In Your Opinion . . .

What activity would you like to see at AHS?



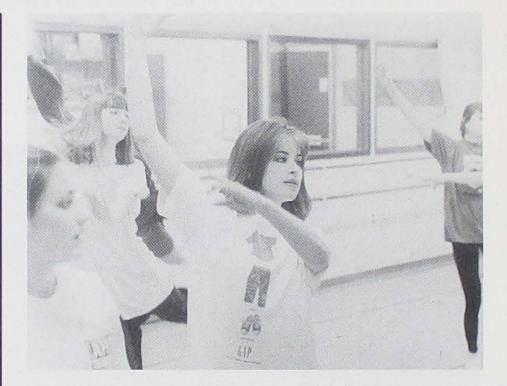
"I'd like to see intramural pickle ball, along with an ISU sports fan club."

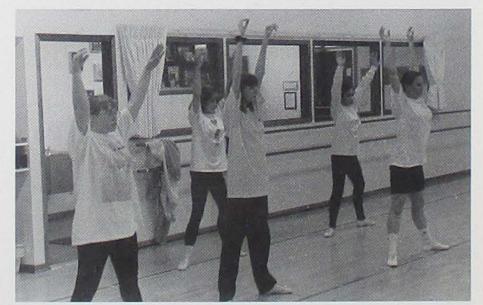
- sophomore Jafer Azmayesh

"Open gym was started at the end of the year, and that needs to be kept as an option."

- freshman Justin Brodie







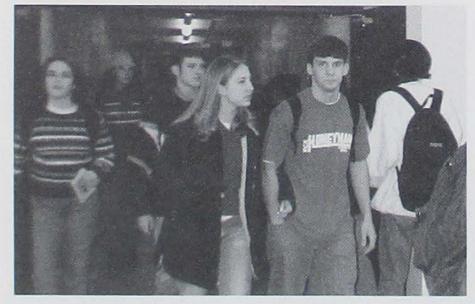
Sophomores Allison Holm, Heather McEachran, Molly McNertney, Missy Ridnour and Julie VanSlyke are captured duirng dance warm-ups. (Photo by Jason Rearick)

Seniors Jon Titus and Shannon Goldman meet each other in the halls between seventh and eighth period. Couples holding hands were seen a lot in the halls of the school. (Photo by Kristen McGeeney)

Freshmen Jessi McCauley and **Alyson Propes** affectionately greet each other in the media center before school. Signs of affection were not only limited to couples. Friends sometimes even showed their affection for each other. (Photo by Julie Tosten)







uniors Travis Cardwell and Stephanie Wilson link arms in the hallway. (Photo by Kristen McGeeney)

In Your Opinion . . .

How do you feel about public displays of affection?



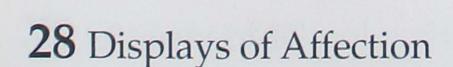
"I hate the people by my locker that kiss everytime I am there. I hate looking at it! They should go

home!"- junior David Teas

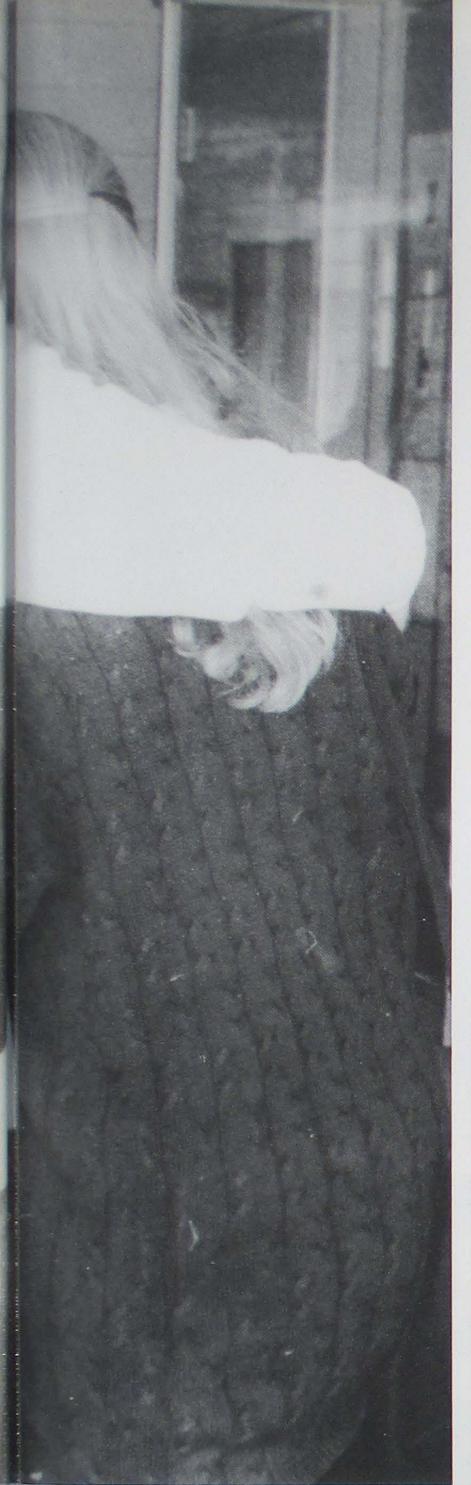
"Hugging and holding hands is okay, but when people start groping each other, it is wrong!"sophomore Andrea Thatcher



Seniors Jay Dougan and Ally Rippke openle display their affection for each other while walking to class. Many couples were ver obvious in their happiness of belonging to th world of coupledom. (Photo by Jessica Pohlmar,







Hanging in the halls

Displays of affection were all the rage!

By Kristen McGeeney

Oh, the wonderful world of coupledom. The wonderful acts of holding hands, linking arms, waiting for each other after classes, and the swapping of spit next to the lockers between classes. Many found these acts of love annoying, repulsive and if they were the ones participating, it might even have been fun.

"There is nothing worse than a strong display of affection," senior **Jon Crawford** said. "It makes me sick. Get a room or something."

Many were willing to complain, unless they were the ones performing.

"I don't like it unless I am

the one that is doing it," freshman **Ben Wendell** said

While trekking across the school and down the trafficjammed hallways, many students needed something to look at and something to entertain them.

"The displays are a little replusive at times, but it is a good chance to take some notes and plan ahead for my next big night," junior Adrienn Lanczos said.

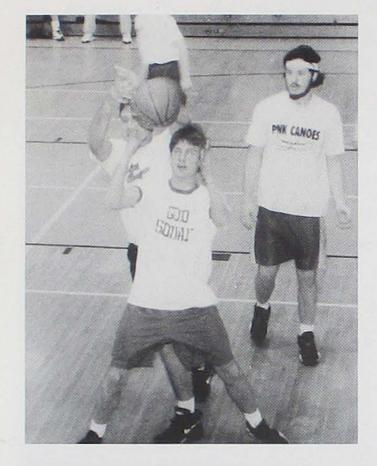
Whether the givers and takers of the public displays of affection were aware of it, many eyes were constantly critiqueing their cute, and sometimes repulsive, actions.



unior Christy Rippey fills out a computer dating survey. "I am scared to find out who y match is." For many, it was an alternative ay of finding someone to display affections ith. As one sign in the hall stated, "Angry, pen mouths need computer dating." (Photo by tisten McGeeney)

Junior Andrea Holst buys a raffle ticket from freshman Jill Larson. The 50/50 raffle was one of the many ways that Student Council raised the money for the homeless shelter. (Photo by Jason Rearick)

Senior Dan Johnsen catches the ball while seniors Andrew Hoiberg and Andy Maysent watch. The fundraising game was between the faculty and an I-Ball All-Star team. The team was made up of players from various I-Ball teams. (Photo by Jason Rearick)







Junior Katherine Anderson sells sophomore Courtney Moore a study hall buy-out. (Photo by Jason Rearick)

Senior Denise Mix introduces senior Jean Gladon, one of the contestants for the Miss Hearthrob contest during Welfare Week. (Photo by Jason Rearick)

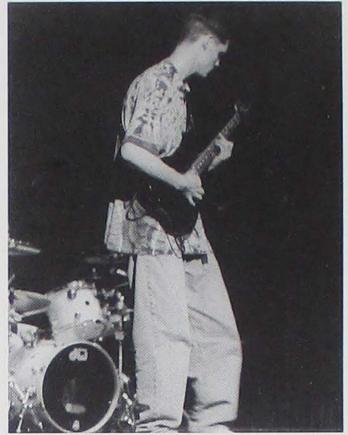


30 Welfare Week/Winter Madness



Sophomores John O'Connell, Nathan Hostetter, Luke Guthrie, and Jeff Kinley kick to get their raft to move. Their raft was one of the many styles of boats seen at the Regatta. (Photo by Jessica Pohlman)

Senior Keith Kelley performs guitar in the Variety Show. The Variety show consisted mostly of student bands, but also dancing, comedy acts, and singing. (Photo by Jason Rearick)



Bending Support

Students supported local charities through Student Council events

Student Council sponsored two weeks of fundraising. Both Welfare Week and Winter Madness provided a variety of excitement, but the main issue is that he students of Ames High School took he initiative sparked by Student Council and supported the programs that made he weeks successful.

Winter Madness took place during a veek in late December. Student Council ought presents for needy families with ne \$2,000 raised by the school through ne events, such as games shows.

"I didn't mind being in the Nearly Wed ame. I found out what I didn't know bout Jon," said junior **Amber Engelen**, a articipant in the game.

Welfare Week occured in April. This

"We were
pumped! Welfare week was
the best
fundraiser
since I've
been here."
-Katherine
Anderson

year Student Council used their creativity to create the Boat Regatta in the Ames High pool. Even though it was new, it was enjoyed by all.

"At the race, many boats fell apart before they got in the water, or sunk right after they got in the water," said junior **Luke Peterson**. "But our boat, 'Miss Napa' was by far the best."

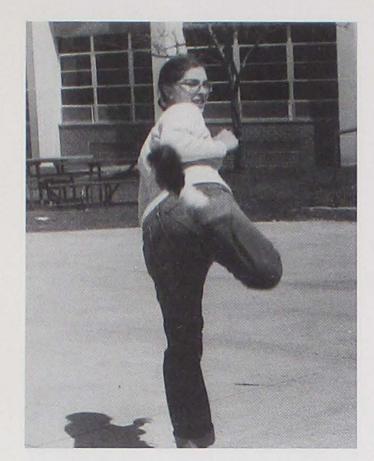
The \$3,000 raised throughout Welfare Week was donated to the Emergency Residence Shelter in Ames. The success of the two weeks pleased the student council members.

"We were pumped!" junior Student Council member **Katherine Anderson** said. "Welfare week was the best fundraiser since I've been here."

By Kristen McGeeney

Junior Paula Goyeneche and sophomore Sam Wong sit and chat during their lunch. Students found lunch to be a great time to talk to friends. (Photo by Jessica Pohlman)

Senior Cheryl Kruger plays hackey sac during her lunch period. The courtyard was a popular place for students to enjoy their lunch period instead of the noisy cafeteria. (Photo by Jessica Pohlman)





Bunch Rush

Students found lunch to be a time to enjoy and relax

Lunch was a time for students to talk to friends, feed their stomachs or just relax. But some students felt they were unable to take advantage of lunch privileges because of the time factor.

"I think we need more time for lunch because by the time I get to lunch after band I have 15 minutes to eat before I leave to go to my locker to get my books," sophomore **Heather Smith** said.

Besides not having enough time to get to class many thought there wasn't enough time to eat.

"Because of the short lunch period, I feel extremely rushed to eat the lunch my mom prepares daily," senior **Jonathan Coy** said. "It frequently causes me to have

"I think we need more time during lunch to socialize and enjoy our food."

- Ellen Haws

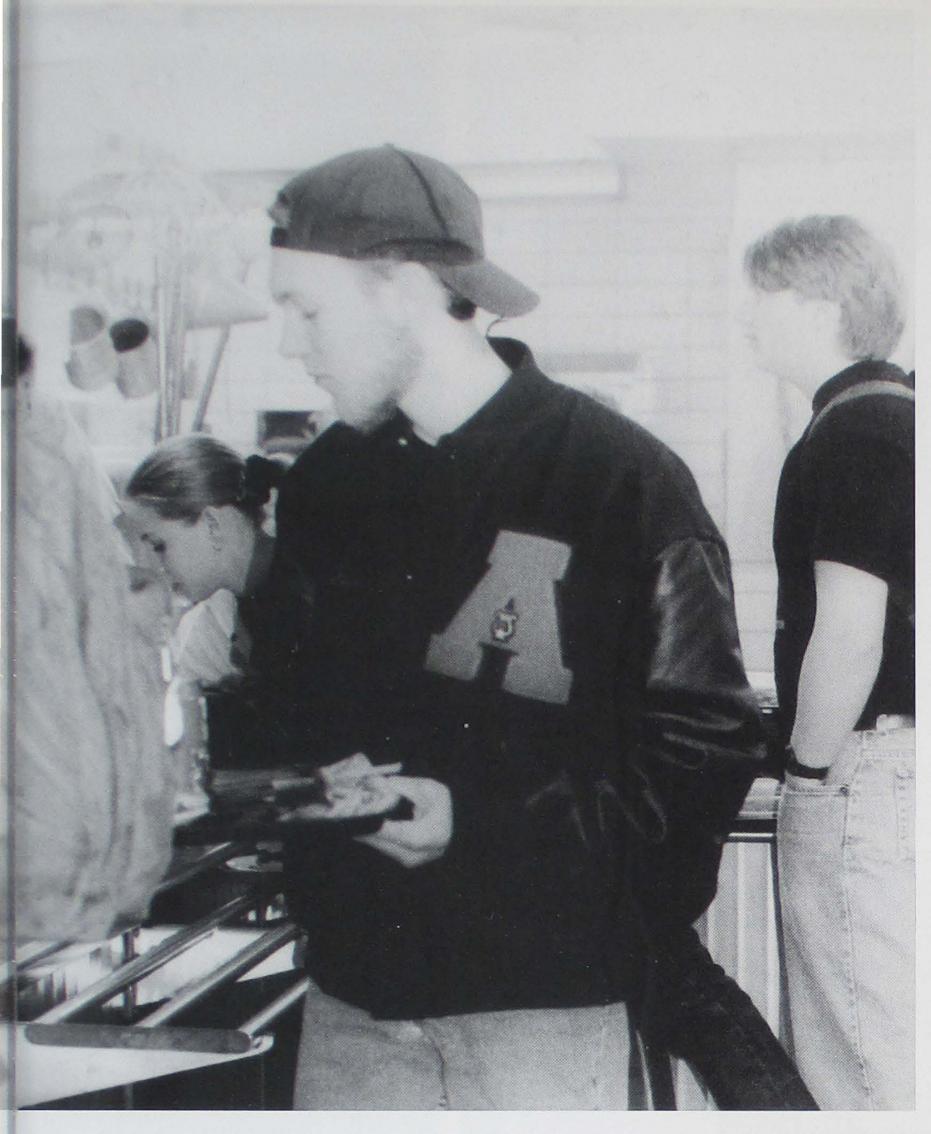
indigestion and heartburn."

Freshmen and sophomores often felt trapped in the lunchroom. They could not leave school to go out to eat or leave the lunchroom once they entered; whereas juniors and seniors had the option to go out to lunch or leave early.

"I think that the adminastration should allow freshmen and sophomores to go off campus for lunch," freshman Jennifer Naeve said.

For students lunch was a time to get away from class and try to enjoy them selves. It was a welcomed break from studying and books. Although the time was short, it was one of the only times students had to relax guilt-free.

By Lori Olson

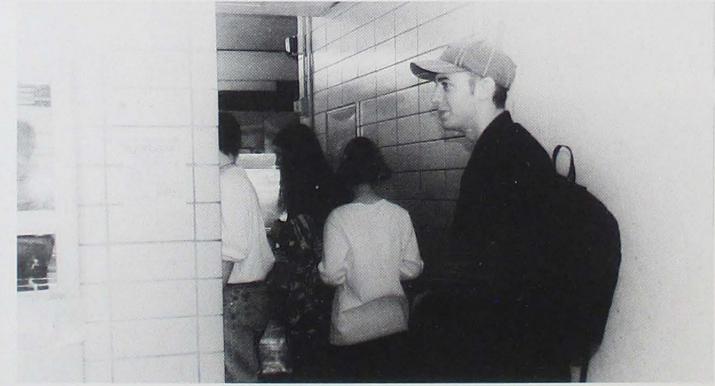


Senior Ryan Kelly waits in line to get his lunch. "Without Patty (a lunch lady), lunch would be just an ordinary day-to-day thing," Kelly said. (Photo by Jessica Pohlman)

Sophomore Elizabeth Volkers enjoys some nachos from the Cyclone Express. Students found that it was a great place to buy their lunch. (Photo by Jessica Pohlman)







Juniors Annie Gatewood and Katherine Anderson and sophomore Ankita Singh enjoy their lunch together. Students took time out to discuss the day with each other. (Photo by Jessica Pohlman) Senior Travis Huiatt waits to pick out his food for lunch. (Photo by Jessica Pohlman)

Student Life 33

Swingin

A little boogey-woogey never hurt anyone

By Zach Keller

The once white lights were and blue ones. The table you ate lunch on hours ago now held a ten bajillion disc changer that was bumpin' out everything from the Bee Gees to Coolio. Once a month, the cafeteria underwent just such a conversion to house those "high school hooligans" while they were cuttin' the rug over by the frozen milk.

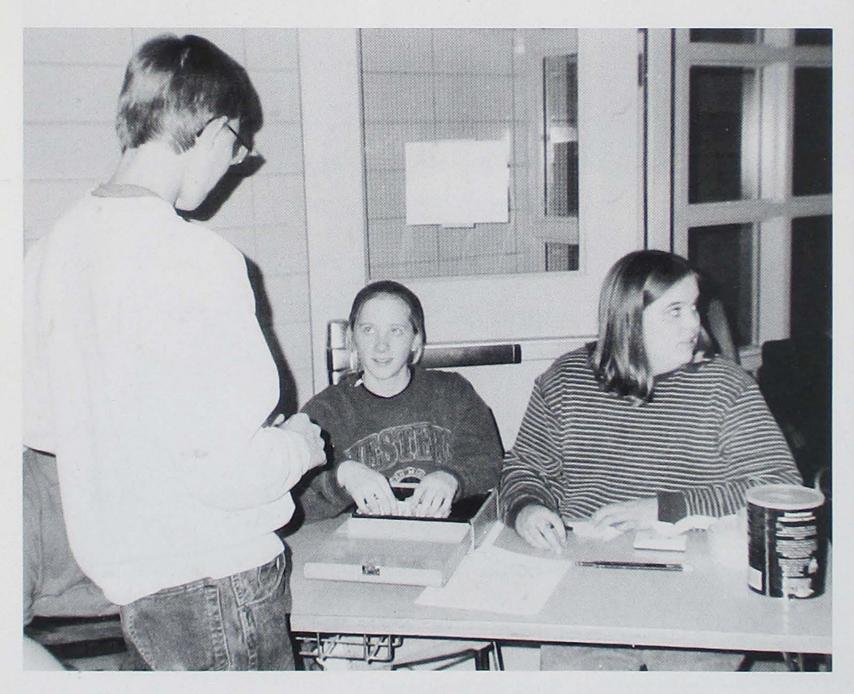
"I usually just come with a group of friends and slamdance while playing guitar on my leg," sophomore Jeff Kinley said.

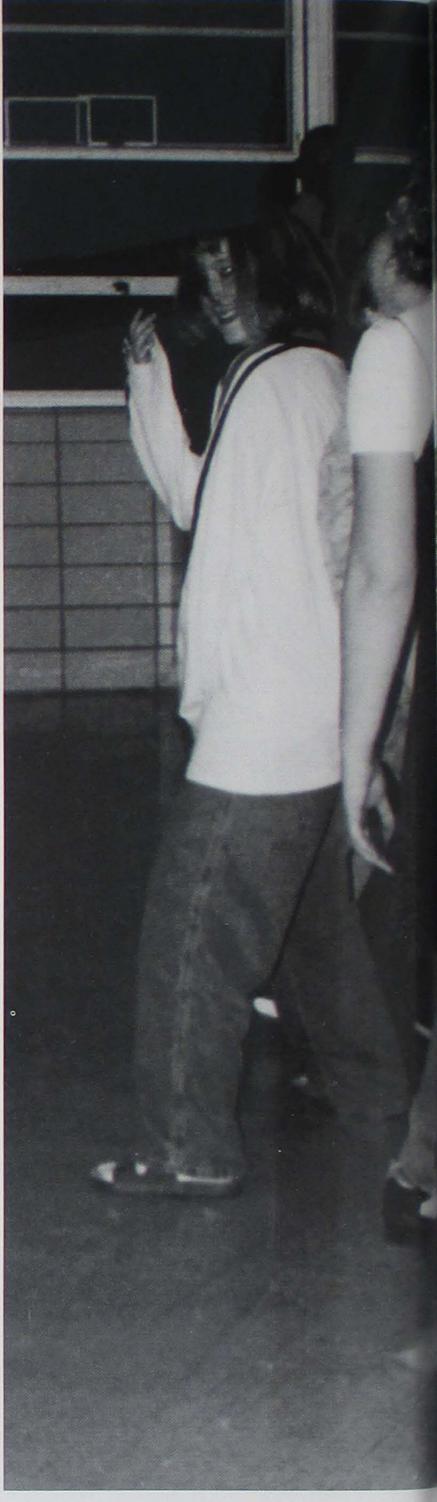
Free food, prizes, low prices were often used to lure students down to the cafeteria for these mid-evening fiestas.

"My favorite party was the Surge one," freshman Patrick Finn said. "I won a keychain. Hey, maybe now I can get a

Many of the parties featured donations to raise money for various charitable causes like the Beth Huff fund and Welfare Week.

"The parties have kind of been an ongoing fundraiser type thing," junior student council representative Robbie Smalling said. "We tried to keep the actual prices low to attract a lot of people, and I think they turned out well."

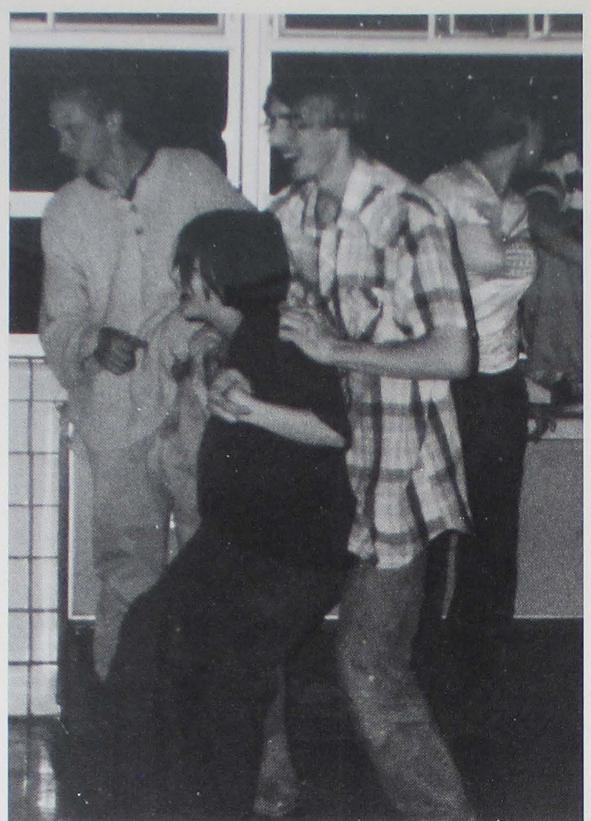




uniors Darci White and Rachel Lasley accept money at the door for a party sponsored by Key Club. (Photo by Lori Bates)



group of students dance the night away at ⚠ the ever popular freshman senate parties. noto by Lori Bates)



group of students hang out at a party sponsored by freshman senate. The parties were a good time to goof off, catch up with your friends and do a little dancing in between. (Photo by Lori Bates)

couple of students show off some dance moves before a packed house in the cafeteria. The crowd turnout was usually as unpredictable as the people. (Photo by Lori Bates)

In Your Opinion . . .

What was your favorite party of the year?



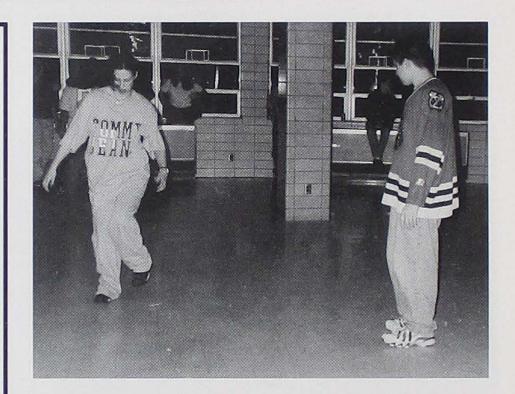
"My favorite party was Morp. I went psycho and danced like crazy." - junior Chad

Johansen

Gunning

"Even though I hate Surge, I liked that party the best. thought the dj's were pretty hot." - junior Andrea



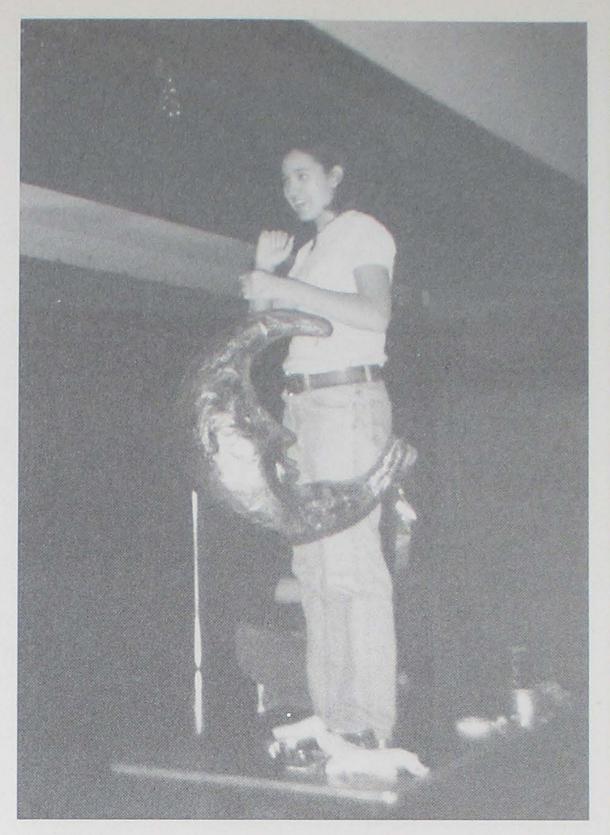




group of students laugh and talk at a Aparty during Welfare Week. Many of the school parties were for charitable causes. (Photo by Lori Bates)

Senior Liz Schultz prepares to hang a decoration before the Winter Formal. Senior girls helped set up before the dance. (Photo by Jessica Pohlman)

Junior Jaclyn Sprong takes a minute to admire a finished table decoration for the prom while junior Ginny Cronin reaches for more ferns to use in her arrangement. (Photo by Erin Wentworth)







Junior Jennifer Lee prepares a table decoration prior to Prom. The decorations for prom were created by students. (Photo by Erin Wentworth)

In Your Opinion . . .

What are your thoughts on working behind the scences?

"Drama is life... the rest is just details."

-- freshman Nathaniel Pleasants





"Scenery is hard and painful (staples really hurt), but seeing the final product is worth it all."

- junior Ryan Jeffrey



Senior Shannon Goldman begins assembling a Christmas tree prior to Winter Formal. All Winter Formal decorations were done by students. (Photo by Vanessa Kuo)



Junior Kathleen Leeds begins painting on a stage set. The sets and scenery for school plays were done by student crews. (Photo by Jessica Pohlman)

Unsung Heroes

Students spent their extra time preparing for school events

By Ross Wirth

From the tree decorating at Winter Formal to the elegant flower arrangements at prom, much of the setup for school-sponsored events was done by students.

Hours of diligent work went into setting up before dances, plays and a variety of performances.

"It took a lot of diligent work to set up prom, but in the end, it was worth it to be a part of it and make prom enjoyable," junior **Robbie Smalling** said.

School-sponsored dances weren't the only activities that Ames High students helped prepare for. Theater events also kept students on their toes as they prepared for each opening night. For many students, the sense of pulling everything together in the end made working behind the scenes worthwhile.

"It's amazing to see all the little projects come together in these elaborate sets," junior **Jason Clark** said.

Students working on sets enjoyed the creative energy that traveled from member to member as each expressed his/her best artistic ability.

Whether working on dances or preparing the set for a play, students thoroughly enjoyed the time they spent working behind the scenes.



Juniors Joe Mowers, Lucas Deardorff, Tolu Fadeyi, Emily Stolemeier and Amy Kelso reload their film for more pictures at prom. (Photo by Darin Johnson)

Students and parents could watch everyone at prom from the second floor balcony in the Scheman Building. (Photo by Darin Johnson)







Freshman Sam Dorr, George Hetfield, Jon Hoyt and Terri Stalheim dance to a slow song. (Photo by Darin Johnson)

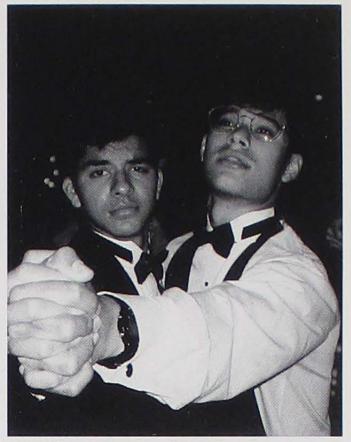
Seniors Jenny Carter and Stephanie Wycoff get down and boogie at prom. (Photo by Darin Johnson)





With the dance being so crowded it was hard for everyone to find a place to dance. Junior Senate sold over 600 tickets to prom. (Photo by Darin Johnson)

Seniors Andrew Yee and Nishant Parulekar dance with each other during prom. (Photo by Andrew Yee)



A Night to Remember

Students enjoy food, dancing and being with their friends at prom

It was a perfect night for getting dressed up for prom. "Wonderful Toight" was the biggest prom in AHS history, with 150 more people than last year. tudents, especially seniors, reflected on heir experiences and good times at Ames High during prom.

"I had so much fun at prom this year," enior Carrie Tett said. "It was kind of epressing though because I knew it was ny last dance at Ames High. Throughout he years I have walked away with some eally great memories."

The night was filled with excitement uring the dance and at after prom. This ear, after-prom featured a hypnotist vith student volunteers as the subjects.

"It was kind
of depressing
because I
knew that this
was the last
dance I would
attend at
Ames High."
— Carrie Tett

"Iloved being hypnotized because I got to hang onto **Eric Auge** as we rode our motorcycle into heaven," junior **Katie Finn** said. "It was fun because afterwards we had no idea what had happened until everyone told us how funny we looked."

For some students there wasn't one specific thing that they enjoyed; the whole night was wonderful.

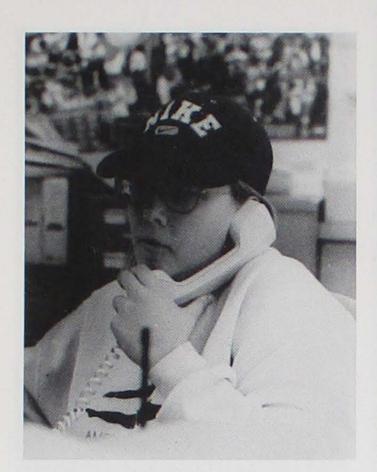
"Prom was a blast and it couldn't have been better," junior **Mike Downs** said. "Prom was the best night of my entire life."

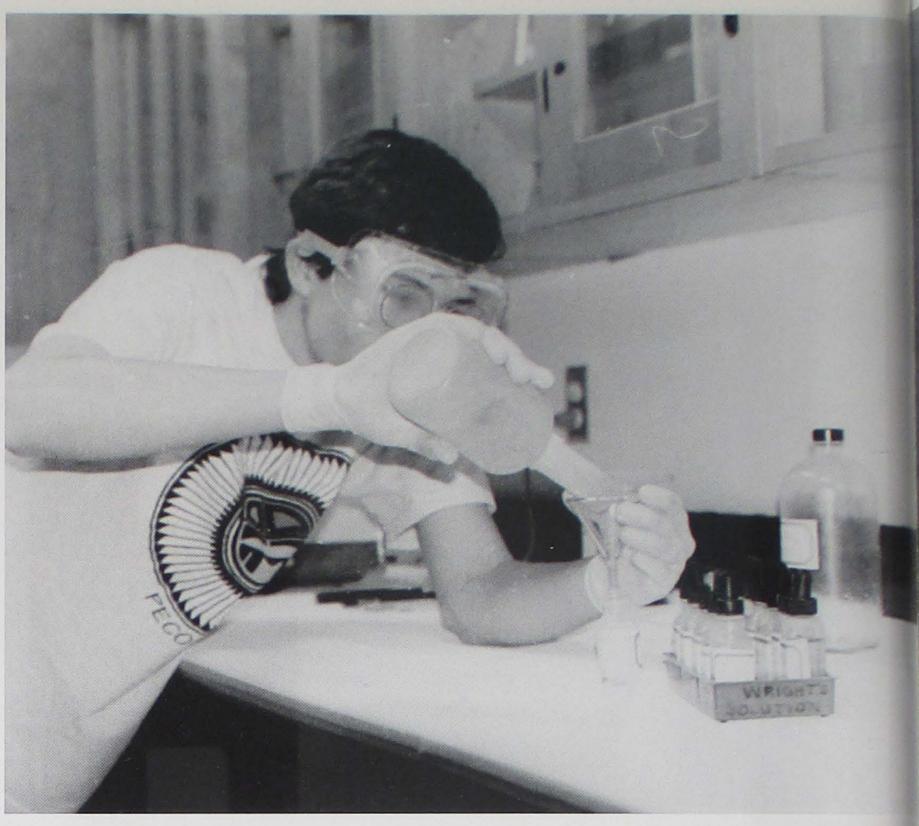
Students walked away from post-prom with more than just prizes. The memories of a "Wonderful Tonight" would stay with students for a lifetime.

By Erin Wentworth

Senior Taz Wagner measures hydrochloric acid into a beaker for a chemistry lab. The advantage of his job was a "lot of really neat explosions." (Photo by Jason Rearick)

Senior Heather Risse takes messages in the main office. "I answer the switchboard in the office sometimes when they need help because they are short staffed," Risse said. (Photo by Jason Rearick)





Beyond School Work

Students discovered the advantages of holding a job at school

Rushing across town right after school to a boring night of work wasn't the only way to make some extra spending money. For some students the opportunity to have a job was found within the school. Instead of long hours, the time they spent at their job was free periods.

"It is easily accessible and time is not a problem since I work during free periods," senior **Taz Wagner**, a chemist assistant, said. "I usually spend time mixing and testing chemicals and setting up labs for classes. I also get to see lots of interesting things that most chemistry students never get to see."

Beyond the convenience of work-

"I chose to
work in student services
because I
enjoy working
in office environments."

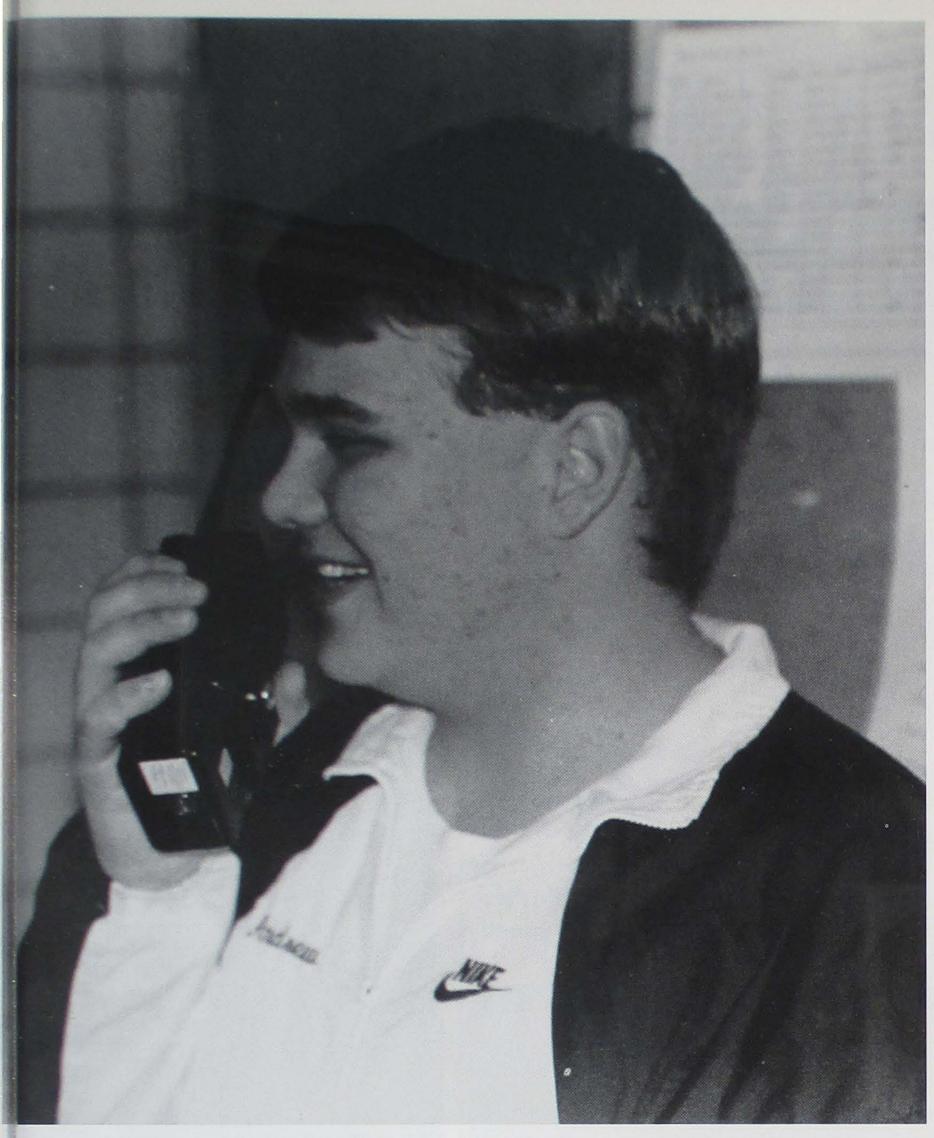
- Holly
Hemminger

ing at school, students often had an interest in the area they worked in. For instance, if students enjoyed working with people, they could become an athletic ambassador or hold a position in student services.

"I needed the job and the type of work was what I was looking for, so I applied for the job and got it," freshman Holly Hemminger, who works in student sevices, said. "I also enjoy helping people in whatever way I can."

By setting up chemistry labs, helping in the greenhouse, or answering the phone in the main office, these students found work beyond the daily school work

By Kristi McConnell

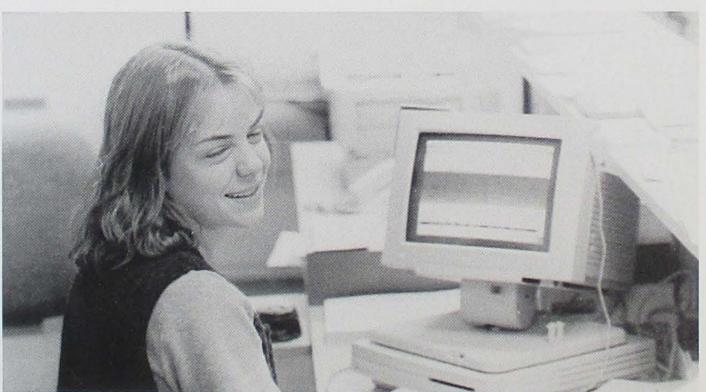


Senior Andrew Albaugh helps coordinate at a basketball game. (Photo by Jason Rearick)

Senior Ally Rippke answers phones in the main office. "You learn a lot of what goes on behind the scenes," Rippke said. (Photo by Jason Rearick)







Sophomore Heather Smith works in the athletic office. (Photo by Jason Rearick)

Senior Megan Stephenson spends her free periods in student services to make some extra money. (Photo by Jason Rearick)

Student Life 41

Guys and Gals

Students found having friends of the opposite sex to be beneficial

By Lori Olson

Friends are there to share good times and stick together through the bad. The question is: could guys and gals be just friends?

Students felt that the opposite sex offered a new perspective and good advice about problems.

"Girls tend to be more willing to help you out with a problem or give you advice," freshman **Kenny Kopecky** said.

Students found having a friend of the opposite sex came in handy when looking for dates.

"They can help you get together with their friends,"

sophomore **Devin Wetzel** said.

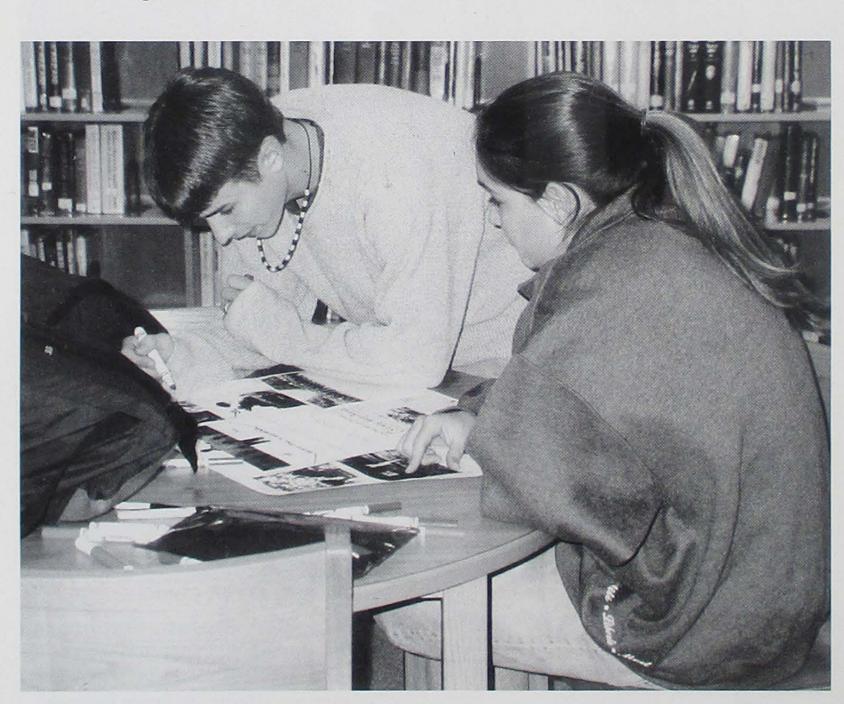
While there were many advantages in having friends from both sexes, there were some drawbacks.

"They don't always understand what you are going through, and they are stupid," senior **Jennifer Sargent** said.

Like Sargent, other students agreed that the opposite sex didn't always understand their feelings.

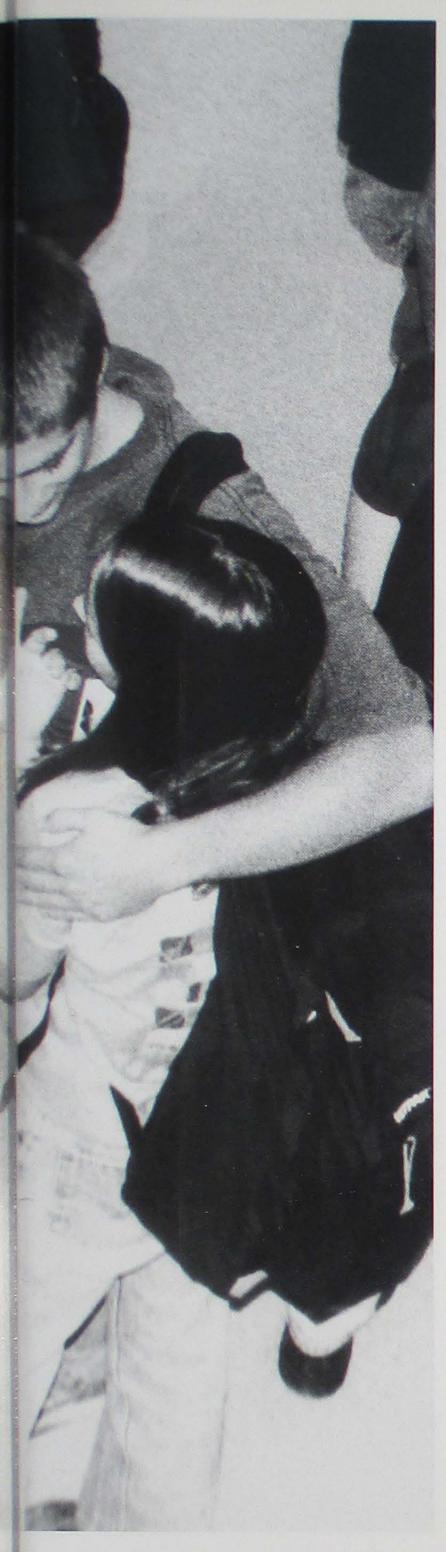
"They can get witchy or grumpy all the time," junior **Mike Downs** said.

Though it had its ups and downs, friendship was a common bond shared by students.

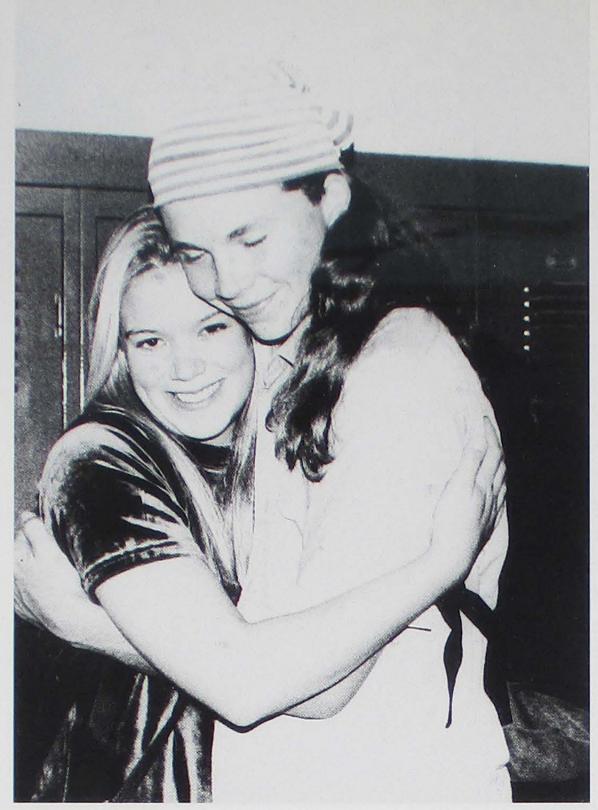




Juniors Lindsay Pick and Chris Rohret help each other with their homework. Not only did the students rely on each other for social affairs but also for academic purposes. (Photo by Vanessa Kuo)



rthur spend the five minutes between classes and gup in the media center lobby. Students old that this was a great time to make plans wi friends. (Photo by Jessica Pohlman)



Senior Daniel Ehresman and junior Carly Evans share a friendly hug before going to class. Students found that receiving a hug now and then, helped them cope with their everyday stresses. (Photo by Jessica Pohlman)

Sophomores Steve Peterson and Claire Ritz share lunch in the courtyard. "Ilike girls for friends because of their keen fashion sense," Peterson said. (Photo by Vanessa Kuo)

In Your Opinion . . .

What's the best part of oppositesex friendships?

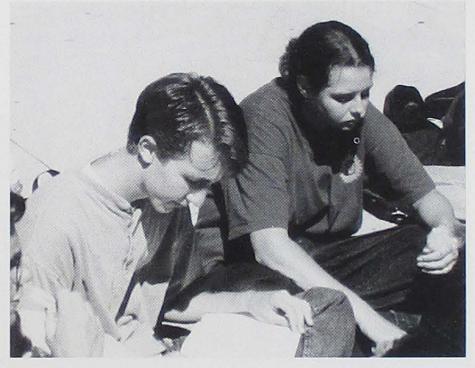


"I can get advice on what to do about guy problems and talk to them about problems I'm having

with other friends."-sophomore Kayla Anderson

"So I can have yet another person to beat me in arm-wrestling, but then buy me ice-cream and inanimate carbon cavity afterwards." -senior Nishant

Parulekar





Seniors Chris Tuttle and Sara Siebert have a quick chat before heading to class. "I find male-female friendships to usually be much more fulfilling than friendships of a common gender," Tuttle said. (Photo by Jessica Pohlman)

Student Life 43

Ultimate frisbee was an extremely popular activity at many of the senior parties. "Ultimate frisbee was the only reason to go to senior parties," junior Ryan Beck said. (Photo courtesy of Corey Beck)

Sand volleyball, or mud volleyball when it was wet, was another popular activity at senior parties when there was a court available. (Photo courtesy of Corey Beck)







Seniors Jason Foster and Jon Coy take time to chat about life and their plans for after graduation. (Photo courtesy of Corey Beck)

In Your Opinion . . .

What was the best thing about senior parties?

"Ultimate frisbee was the coolest part of senior parties. My team always kicked some major booty."

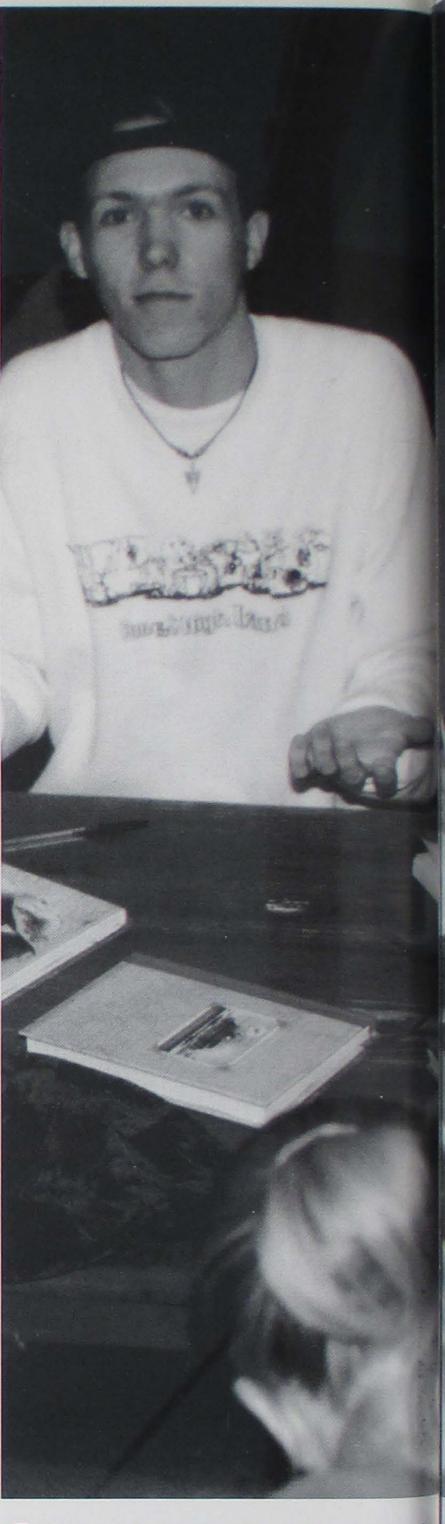


- junior Mark Ellingson

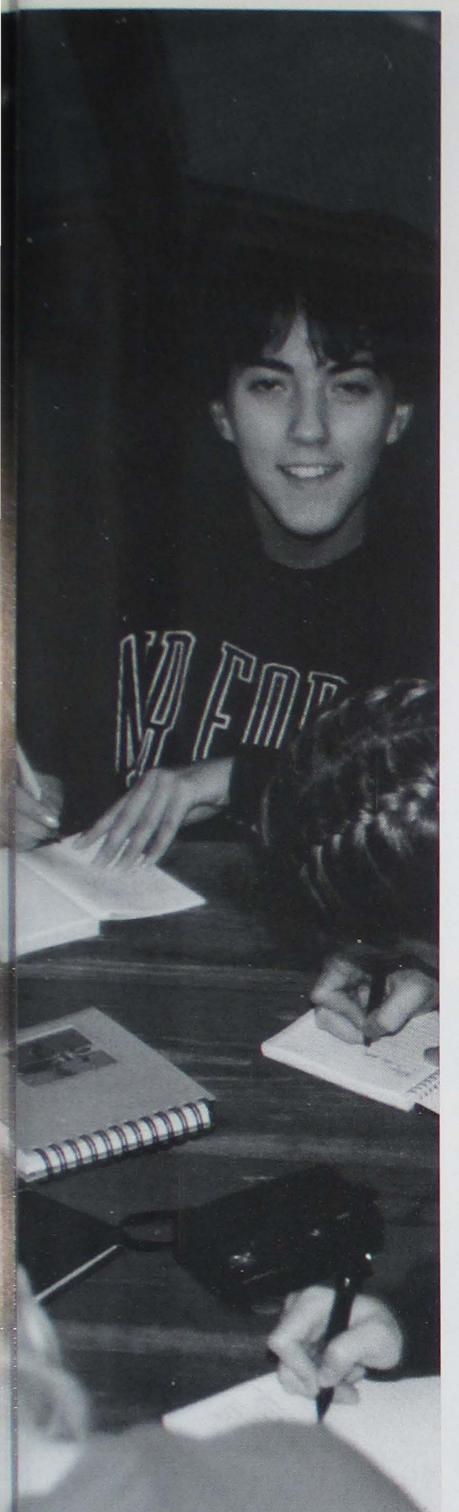


"Free food, good music and shoe golf."

- f r e s h m a n Signe Newman



Seniors gather around a table at a senior party to sign books. Writing messages in senior memory books was a major activity at both graduation open houses and senior parties (Photo courtesy of Corey Beck)



Cniors Melanie Mickelson, Kathy Craig, David Jeong, Nate ones, Carrie Shupp, Emily Hawkins, Kristi McConnell, Vanessa Ki, Kyle O'Riley, Marc Scholten, Jason Foster, Karen Olson, Jon Ti, Alan Hertz, Angie Adams, Anthony Hartman, Rachel Abbott, Ccy Beck, Rebecca Glatz, Susi Lyon and Paul Sibbel hosted one sear party at Inis Grove Park. (Photo courtesy of C. Beck)

Party Down

Seniors said good-bye with a blast

By Corey Beck

A time for celebration and good-byes, senior parties provided the Class of 1997 with the opportunity to have a good time with their friends and create some fun memories as their high school years drew to a close.

Tradition was one important reason many seniors put parties together.

"When I was a freshman I had a lot of fun at senior parties," senior **Kara Zeimet** said. "We wanted to continue the tradition and give the underclassmen a chance to have fun."

Other graduating students felt that senior parties were a

memorable way to say goodbye to their younger friends.

"With graduation, baccalaureate, and open houses coming up, I'll be too busy to really talk to the underclassmen that I don't see very often," senior **Drew Hamilton** said. "The senior parties are a great way to have some fun with them."

Still other students threw senior parties just to have a laugh.

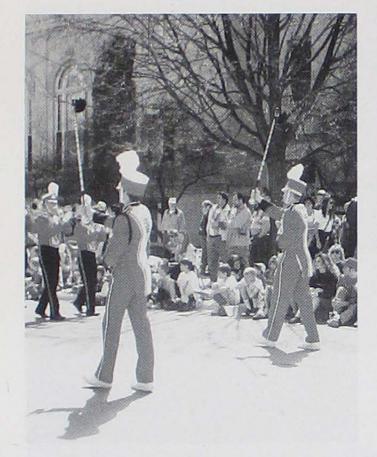
"We had a Jell-O party and called it 'Jiggle, Jiggle,'" senior **Jon Titus** said.

Whatever the reason, senior parties helped the Class of 1997 enjoy their last days of high school.



Senior Kathy Craig enjoys the day while being honored as a Veishea Scholar. Every year, there are several recipiants of the award who are honored in the parade. (Photo by Karen Olson)

Ling band in the annual Veishea parade, band majors Michael Morain and Bjork Hill marched in step and kept the band focused throughout the parade. (Photo by Karen Olson)







The drum section performs at the parade. (Photo by Karen Olson)

Juniors Wendy Magadza and Jennifer Scott ride with others while enjoying the day. (Photo by Karen Olson)





Band members round the corner of Osborn Drive and head along the Veishea parade route performing for the crowd. (Photo by Jason Rearick)

Playing various pieces of music the marching band entertains the crowd at Veishea. The band played several pieces to keep the music fresh throughout the parade route. (Photo by Jason Rearick)



Another Veishea Weekend

Students filled the streets of campus for a fun-filled Veishea weekend

Land every year, Veishea comes and goes. And every year, students find ways to cebrate the Iowa State University tradition. Veishea 1997 was no exception. From prties, to campus activities, to the partle, many students were involved in the anual event.

'I did a lot of things for Veishea," sophonore **Jafar Azmayesh** said. "I went to the prade, watched the annual Spring footblgame, and enjoyed the great food at *A* Tite of Veishea all weekend long."

While a good number of students were ivolved in Veishea activities, there were the who chose not to partake in the fetivities.

'I didn't do anything for Veishea weeked," sophomore **Sam Miller** said. "There "I went to the parade, watched the annual spring football game, and enjoyed the great food."

- Jafar

Azmayesh

wasn't anything I was interested in. I just stayed home and did stuff around the house."

For students involved in band, Veishea was another opportunity to put on the marching band uniforms and fill the parade route with music and the AHS colors.

"It was weird being the only high school marching band in the parade," senior **Ryan Kelly** said. "It was the first parade where I really got a sense of freinds and family members cheering for us."

No matter how they spent it, Veishea was once again a favorite weekend for students. On and off campus, Veishea provided plenty of activities, and was fun for all involved.

By Andrew Brodie

Members of the senior class listened intently as they were addressed by classmates and administrators. (Photo by Darin Johnson)

The concert chorale serenades the audience during graduation ceremonies for the Class of 1997. (Photo by Darin Johnson)





Up, up and Away

The class of 1997 takes off

The moment the class of 1997 had been working toward for four years had finally arrived. The seniors walked into Hilton to be together for the last time as an entire class. This event produced mixed feelings; excitement for finally reaching the end and sadness for leaving behind friends.

"It feels great to be out of Ames High," senior **Shannon Goldman** said.

Besides the actual act of graduating, the night was also highlighted by addresses given by **Jennifer Peyser**, **Elton Wong**, and administrators and performances by the band and concert chorale.

"My favorite parts of graduation were

"The music
really added
to the meaning of the
experience for
me."

-Kirsten

Crase

really added to the meaning of the experience for me."

Graduation was a time to recognize the achievements of the class during their high school years. Celebrations that were held after the ceremony were enjoyed not

only by the seniors but also by others who

singing with concert chorale for the last

time and listening to Chris Tuttle's solo,"

senior Kirsten Crase said. "The musical

attended.

"I liked the parties afterward," sophomore Eric Weber said.

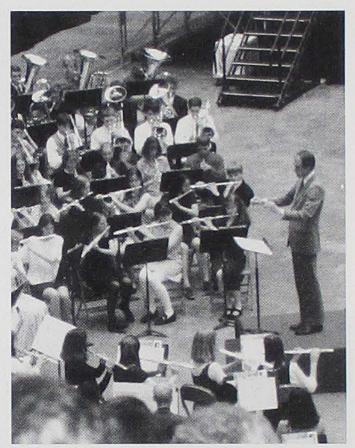
Every person who attended the graduation ceremony walked away with a special memory.

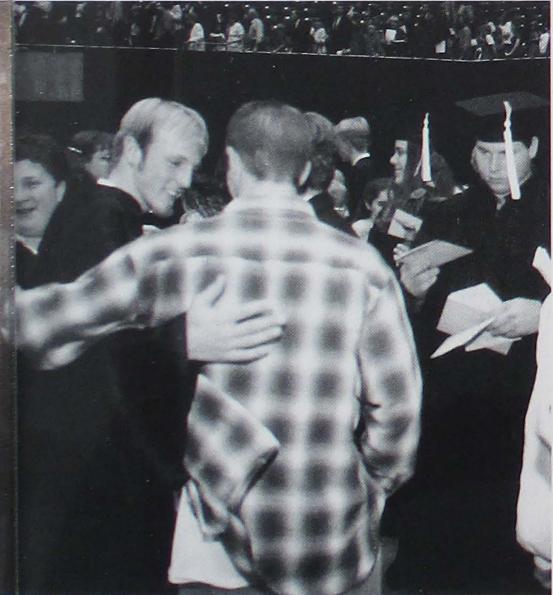
By Kristi McConnell and Karen Olson

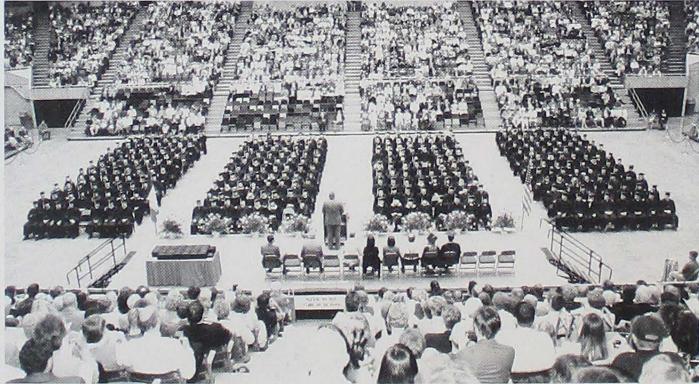


A senior walks across the stage in Hilton Coliseum to recieve her diploma. (Photo by Darin Johnson)

B and director Thomas Nehls leads the band in "Pomp and Circumstance" as the graduates march into Hilton. (Photo by Darin Johnson)







A fter the ceremony, family and friends joined the graduates on the floor and congratulated them on their accomplishment. (Photo by Darin Johnson)

Graduation was a time for students to reflect on their memories of Ames High and look towards the future. (Photo by Darin Johnson)

AHS Cheese-heads

Super-fans discuss their enthusiasm

By Zach Keller

I love the actual game; when you see an all out war, that's what really gets me fired up," said junior Chris Bates.

And while most students were able to make it to the different school activities, schedule conflicts often played an important role in deciding what events they had to miss.

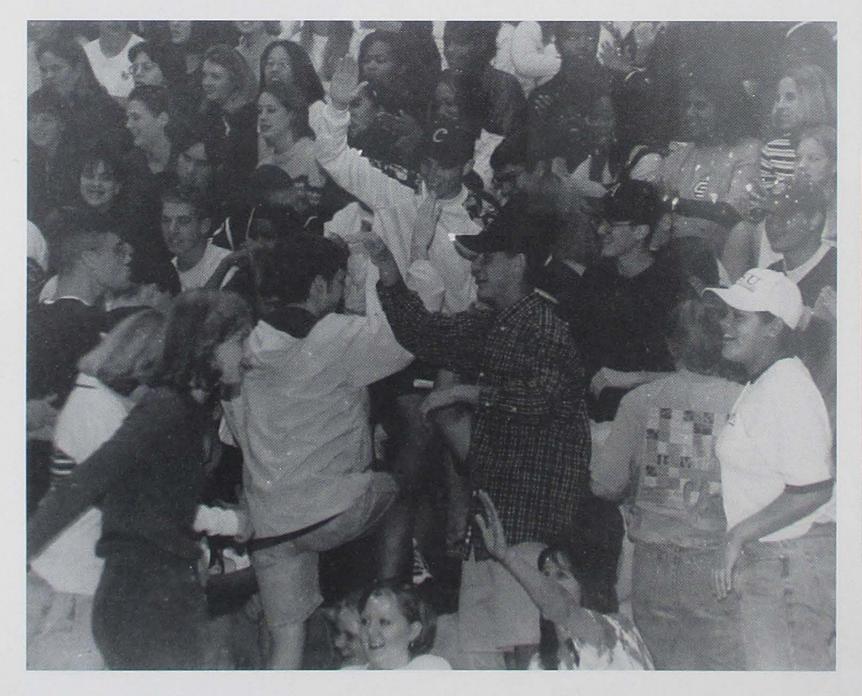
"It's tough to go to school and still be a super fan at all the athletic events," said junior **Bronk Harms**. "We gotta be there for them, though."

Part of that support was rallying around the team and belting out the school fight song with the much needed help of the band, which contributes a great deal to all sporting events.

"It feels good to get up there and play with everything you've got, and know you've contributed," four year band member **Ryan Kelly** said. "The crowd and the band seem to feed off each other."

How about you? When was the last time you screamed and cheered and your voice ran out before the game did? This year's senior drum major, **Michael Morain**, summed it up pretty well.

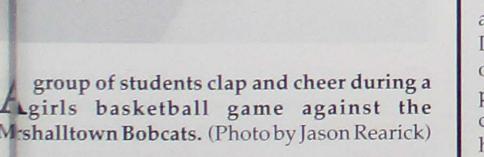
"Hey, if Andrew Brown doing 'the wave' doesn't fire you up, what does?"





Students celebrate during the Homecoming assembly. The class olympics helped to release a little of the competitive energy at the beginning of Homecoming week. (Photo by Jason Rearick)







Senior Heather Herold balances on senior Marc Scholten's hands during a stunt at a football game. (Photo by Lori Bates)

Tunior Josh Lapan warms up the crowd before a basketball game. The pep band played a major role in adding energy to all the home games. (Photo by Jason Rearick)

In Your Opinion ...

What was your favorite game this year and why?



"I liked the basketball game against Hoover when we hit an off balance last second shot to

win it." - freshman Patrick Finn

"Iliked the game against Dowling. Everyone was really pumped up because it was homecoming, and we won."



- sophomore Erin Maysent



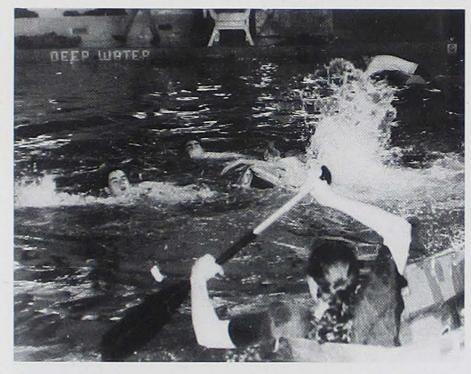


C enior David Joens cheers in the midst of a packed house at a football game. Many of this year's games were "standing room only." (Photo by Lori Bates)

Senior Ryan Greenlaw, a Mr. Heartthrob candidate, struts his stuff. The Heartthrob Contest was just one of the many fundraising events during Welfare Week. (Photo by Jason Rearick)

The Regatta, featuring student built cardboard boat races, added a new source of donation to Welfare Week. (Photo by Jessica Pohlman)







The Ames High football team sends its four co-captains to center field for the coin toss at the State championship. (Photo by Vanessa Kuo)

In Your Opinion . . .

What are your thoughts on your upcoming senior year?

"My junior year was actually really fun, but there was so much work involved that I'm happy to see it end."

work red that appy to

- Junior Joe Ward



"I'm anxious to be a senior, but it's going by really fast. It seems like yesterday that I was a freshman."

- junior Erin Carter



Seniors Becky Hunter and Debra Peterson chat with friends and dance during Home-coming, "Too Hot To Handle." (Photo by Jessica Pohlman)



The seniors and juniors square off in tug of war, one of the class olympics events that curred throughout the week of Homecomis. (Photo by Jason Rearick)

Hindsight

A look back at the 1996-97 year

By Zach Keller

Seventy-three thousand two hundred minutes. 1220 hours. 180 days. 36 weeks. 4 quarters. 2 semesters. 1 year.

Don't tell me you've never sat down and figured it out yourself during one of those eternal double periods.

Well, we made it. We're there, the year is over. Another year under the belt. Maybe you learned something new. Maybe something learned about you. Maybe you made new friends. Maybe you caught up with old ones.

How was it? What did you see? Where did you go?

Changes abounded every-

where. Maybe you learned about that in saturday school because of the new tardy policy. Maybe you went to the first ever Regatta.

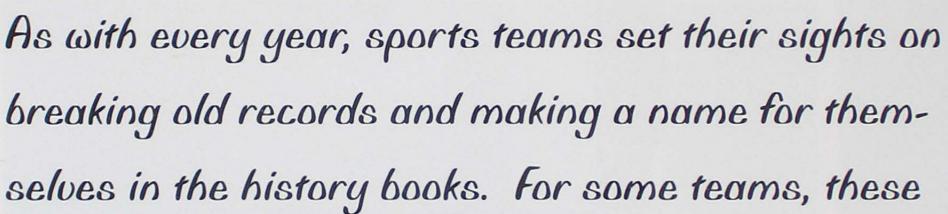
Many of our athletic teams were district or conference champions, but this year was more than just good box scores measuring wins and losses.

Amidst all the learning and the classes was a wealth of experiences and memories. The seniors had left, but the rest of us remained for at least another year. Another year of books and learning; another year of dances and parties and Friday nights. Another year.

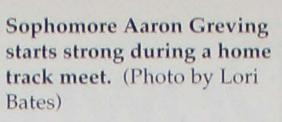


Senior Ezra Hallam attempts to gain control of his opponent during a wrestling match. (Photo by Jason Rearick)





goals became reality. The football team clinched their first ever CIML division title and the cheersquad reclaimed their reign as State Champions. The girls tennis team experienced similar success when they captured the conference title. Teams such as girls and boys cross country and girls swimming formed teams with a record number of athletes. Through dedication and hours of hard practice, teams put forth their best effort to achieve success.





One Step-Ahead Sports - 55

Down, but Not Out

Hard work and perserverance led to a season of comebacks and a third place finish

by Andrew Brodie

Champions find a way. That was the AHS baseball team's slogan, and a tremendous factor in a unique and successful season. The Little Cyclones never gave up, and always found a way to stay in the games.

"The team picked up the nickname Comeback Kids because of our great efforts," senior **David Kinley** said. "We had excellent team unity and a closeness among players."

The season included eight come from behind victories in the team's last at bat. These were highlighted by overcoming a seven run deficit against Sioux City Heelan in the 9th inning, topped by Geno Adam's grand slam.

Coach Posegate offers encouragement to the pitcher during a varsity match-up againt Roosevelt High School. "We had a very succesful season," coach Posegate said. (Photo by Jason Rearick) come back from anything," senior Mark Nutter said.

The team had a season of ups and downs,

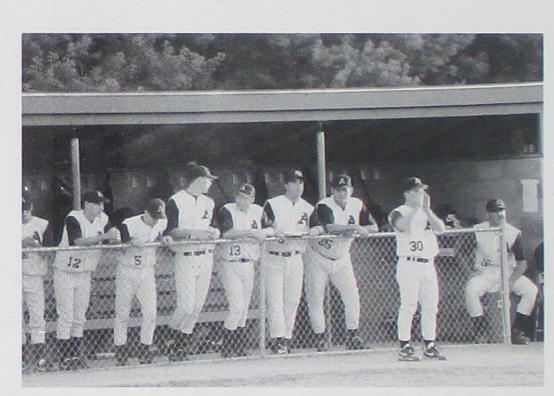
"The team was amazing. They could

but finished a strong third in their conference and made it to the sub-state finals.

"These as on was shaped largely by breaks.

"The season was shaped largely by breaks, some good and some bad," senior **Jason**McNertney said. "We had a really good coaching staff though, and the season was a lot of fun."

A great attitude, enthusiasm and unity among players led to a strong, successful and unique season. It was a season that saw goals achieved, challenges met and a team united.



Facts & Stats

Varsity Record: 23-20 Junior Varsity: 10-2 Sophomore Record: 23-13 Freshman Record: 20-6

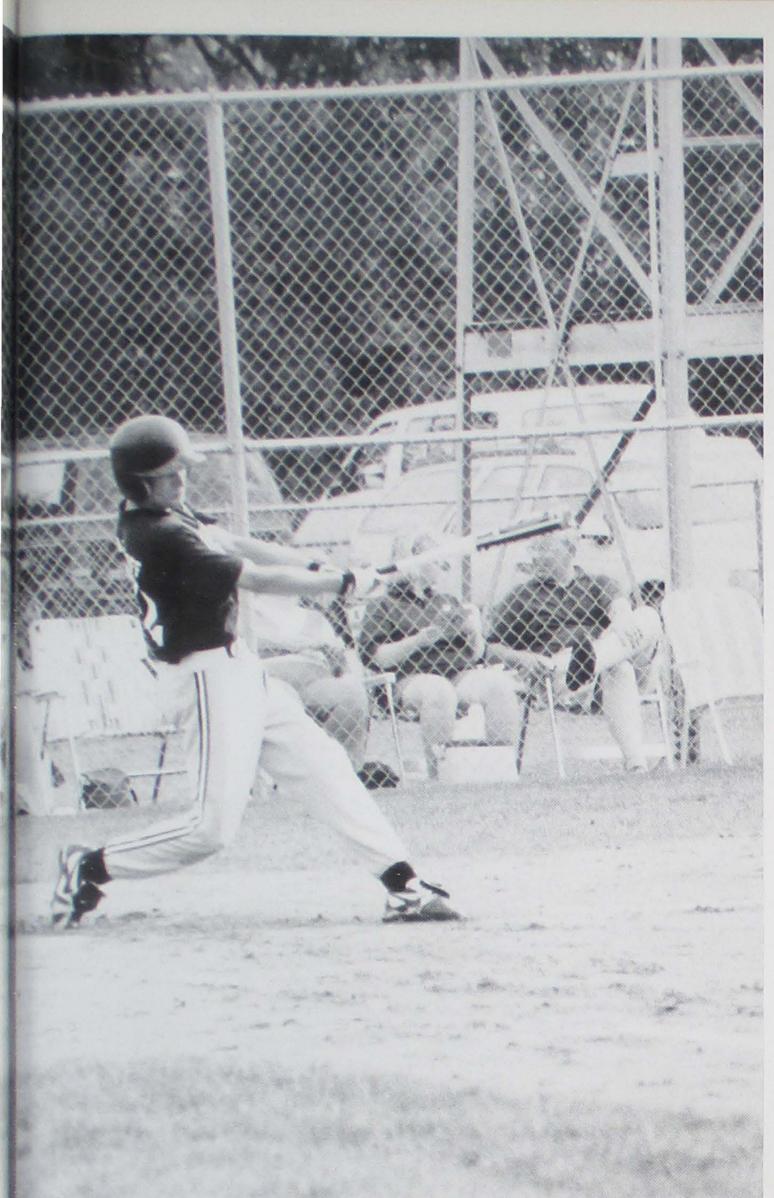
- Third place finish in conference.
- Eight come from behind victories.
- Six letter winners



FRESHMAN BASEBALL: Front: B. Swenson, C. Moore, T. Albaugh, L. Lasche, K. Schilling, G. Burrier, K. Blackwelder Second: M. Shrum, B. Biskner, J. Happe, B. Neff, M. Doran, C. Staff, R. Mohamed, A. Greving. Third: P. Kruger, J. Knapp, T. Devens, J. Berg, R. Paul, S. Sheperd, N. Hill, J. Hill.



SOPHOMORE BASEBALL: Front: N. Samson, BJ Drake, J. Greenlee, B. Ziebell, B. Heinen, Cameron Second: E. Weeks, M. Downs, L. Deardorff, T. Cardwell, D. Teas, J. Theilen, E. Sivesin Third: Coach J. Ruebel, M. Martinez, E. Dunham, B. Lawler, C. Achter, M. Potter, J. Heinen.



Junior Varsity player Lucas Deardorff swings away during an AHS home game against Roosevelt High School. "I had a lot of fun this season," Deardorff said. "It was a great year." (Photo by Jason Rearick)

Lucas Deardorff hits the dirt as he slides to avoid the tag. "I liked getting dirty during the games," Deardorff said. "It made me feel like I was being productive." (Photo by Jason Rearick)





David Kinley on the mound, sets up for the pitch during an AHS varsity game. "We had great team unity," Kinley said. (Photo by Julie Tosten)



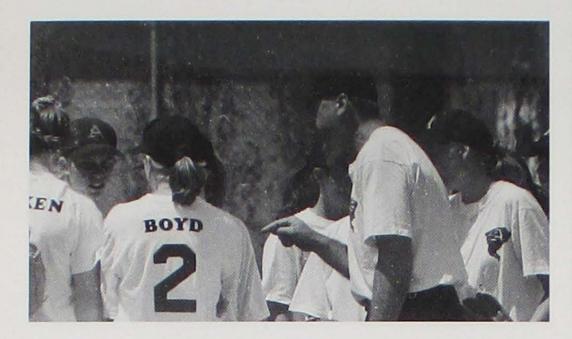
VARSITY BASEBALL: Front: A. Maysent, E. Miller, D. Morrison, M. Nutter, D. Kinley, B. Pantenberg, D. Johnson Second: R. Tesdall, R. Ridnour, M. Popelka, G. Adams, J. Bents, M. Recker, M. Beaulieu, D.J. Burgduff. Third: J. Simons, J. McNertney, S. Gleeson, Coach C. Stevens, Coach B. Posegate, R. Heiberger, C. Spencer, B. Brown. Back: C. Doyle, M. Shimkus, DJ Brown, J. Ely.



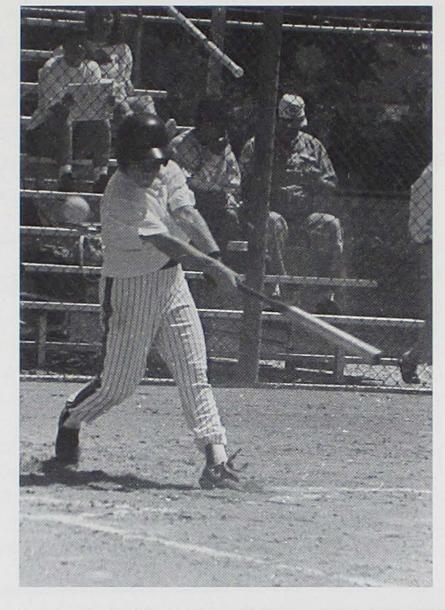
Ethan
Dunham
takes
notes
and
stats for
AHS.
(Photo
by Jason
Rearick)

Coach Jurgensen gives advice to some of the junior varsity players. The team had a successful season overall. "The team was successful in games as well as developing team unity," Jurgensen said. (Photo by Jason Rearick)

The JV team listens to Coach Jurgensen during a game. "The JV players spent the summer improving on individual skills," Jurgensen said. (Photo by Jason Rearick)

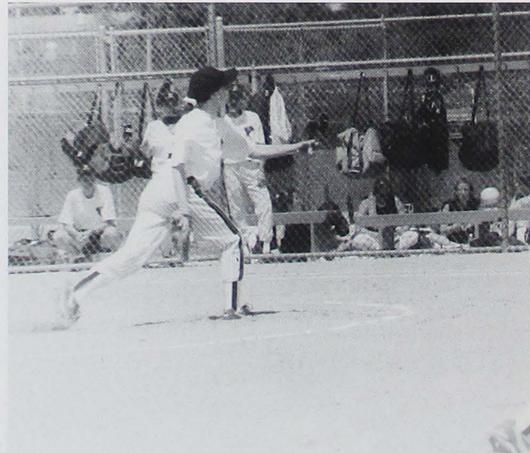


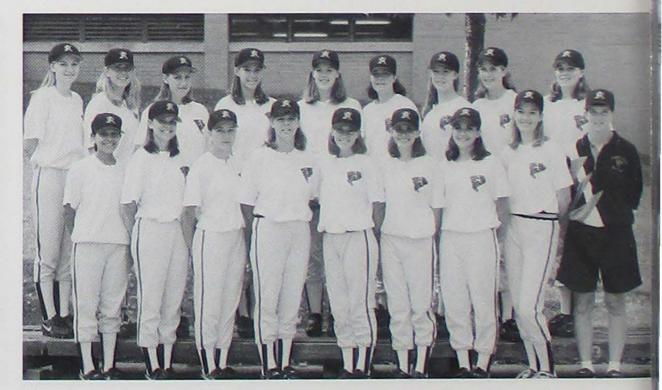
Sophomore Taylor Anderson takes a swing at the ball. (Photo by Jason Rearick)





Sophomore Shawne Kingsbury throws a pitch. "The team got along great," Kingsbury said. (Photo by Jason Rearick)





FRESHMEN: Front: P. Kanwar, K. Wade, J. Carpenter, A. Ling, A. Carter, M. Ridnour, J. Van Slyke, E. Richey, Coach S. VanArendonk. Second: M. Noll, J. Ensley, J. Klocke, M. Russell, S. Osmundson, H. Smith, S. Jones, E. Haws, M. Sweeney.



Not Just a Sport

Softball was hard work and took up time, but the players had fun together.

by Lori Olson

While some students were at home sleep ing during the summer, softball players were out practicing. The players had games almost every weekend and during the week.

"Softball is one big bucket of fun and it gets me off my hiney in the summer," sophomore Megan Sweeney said. "After all, what could be better than crisping in the sun and getting dust ground into your eyes on a day-to-day basis."

With practices and games, the girls remained involved over the summer.

"It keeps me active and I can also see my friends," freshmen **Stephanie Schmaltz** said.

The players enjoyed the competition and so

did the fans. Since softball required a lot of time, the girls got to know each other well.

"Softball? It's the best! I love my girls (especially **Nicki Thompson**) and the team unity." senior **Anne Barnhart** said. "It's a lot of fun for us and the fans are great, like super-fan **Kate Christensen**. Even though it is very time consuming, the hard work and results are well worth it," Barnhart said.

Softball was a great activity to keep the girls in-shape over the summer break. It was a valuable experience because they strengthened their friendships and worked together to form great team unity.

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S o p h o m o r e s Shawne Kingsbury and Taylor Anderson try to force an out at home plate. Although the team didn't win all their games, they still had fun together. "It was a great season and I had a lot of fun," Anderson said. (Photo by Jason Rearick)

Facts & Stats

- Varsity Record: 27-16
- Varsity set a school record for number of wins
- •JV Record: 7-15-1



JNIOR VARSITY: Front:: Asst. T. Kepley, E. Hawkins, A. Younie, J. Barrett, N. ichardson, A. Van Slyke, T. Anderson, Head Coach G. Gorman. Second: Freshman oach S. Van Arendonk, J. Stevenson, S. Kingsbury, S. Helmer, J. McMaken, C. earney, JV Coach M. Jurgensen.



VARSITY: Front: Asst. T. Kepley, Freshman Coach S. VanArendonk, Head Coach G.Gorman, JV Coach M. Jurgensen. Second: N. Richardson, S. Wiegand, K. Powell, M. McNertney, N. Thompson, J. Greenfield, A. Gabrialson, A. Van Slyke. Back: A. Brennan, E. Johnson, S. Lyon, L. Biechler, S. Brennan, A. Goodwin, J. Stevenson

A Swinging Sucess

Encouragement and momentum paved the way for a successful season

by Andrew Brodie

Do you ever pack up the golf clubs awaiting a relaxing day but end up more stressed out than you were? This was often the case when people played a round of golf, but for the AHS squad, it was the opposite.

"The guys on the team were excellent," Coach Kay Bartlett said. "We had sixteen golfers and all had excellent averages."

The team relied on momentum and encouragement from fellow golfers to carry the team through a successful season.

"We got into a good groove that carried us through our meets," junior **Jon Olson** said.

If one thing made the team unique, it was the

closeness among players. The team shared friendships that extended beyond the green, which they found to be a big help during their meets.

"If someone needed encouragement or needed to be congratulated, we were able to help," senior Joe Skluzacek said.

The team failed to qualify for the state meet after a fifth place finish at districts.

"We had a great season going all year but we came up a little short at districts," **Coach Bartlett** said.

The squad shot a hole in one for the time enjoyed both on and off the golf course.

Facts & Stats

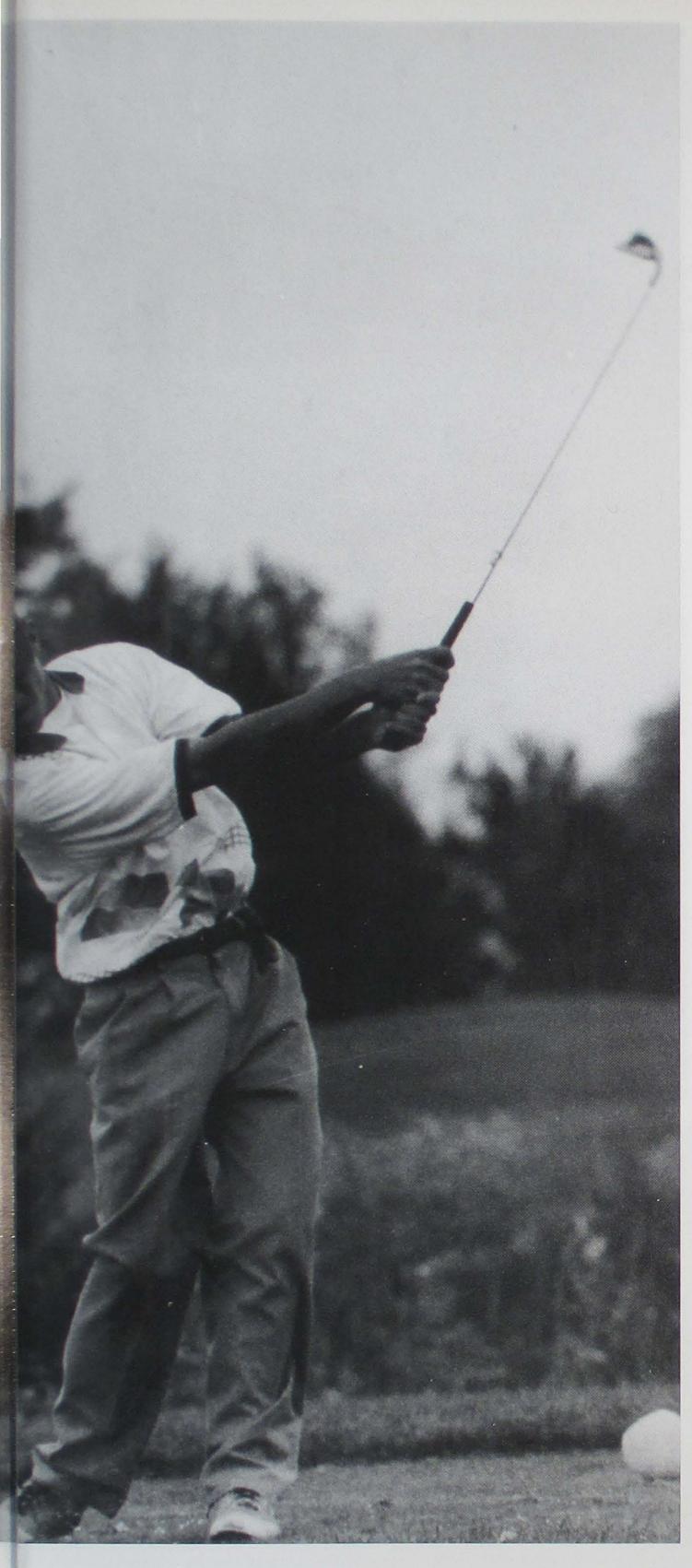
- · Sixteen golfers on the squad
- 9-1-1 record in dual meets
- Half of the team had averages under 40 strokes
- Four seniors ranked in top six golfers of conference

Senior Austin Woodin puts his skills to test while attempting a chip shot. "I didn't really worry about my shots too much," Woodin said. "I just relaxed and everything came out alright in the end." (Photo by Elisabeth Hoyt)



BOYS GOLF: FRONT: David Jeong, Andrew Ringlee, Brian Fliehler, Jon Olson, Daniel Jeong, Jon Schroeder. BACK: Brian Good, Aaron Wheelock, Coach Kay Bartlett, Joey Skluzacek, Brandon Hageman, Kyle Youngberg, David Kinley, Bronk Harms, Mark Ellingson, Austin Woodin, Sam Miller

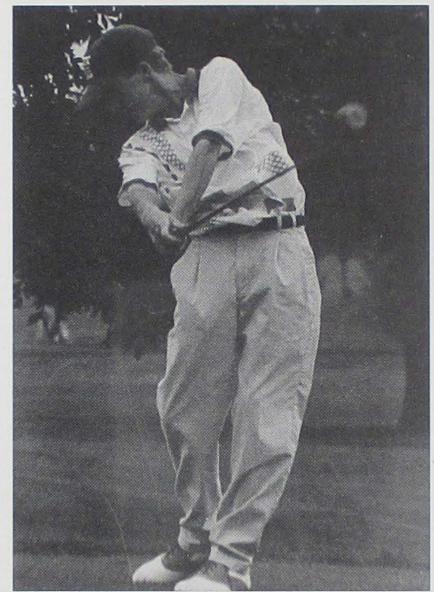




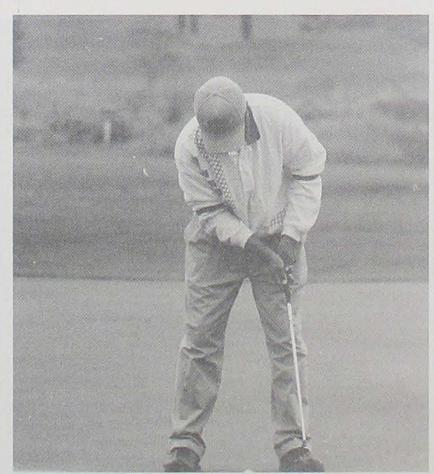
Joe Skluzacek shows off perfect form, while teeing off at the Ames Golf and Country Club. "Staying relaxed helped me to stay focused during the meets," Skluzacek said. (Photo by Elisabeth Hoyt)

Senior David Kinley checks the position of the ball before putting. "Golfing gives me a chance to get outdoors and get away from stress," Kinley said. (Photo by Elisabeth Hoyt)





Senior Joe Skluzacek tightens his grip while taking a shot. "It was a productive year for me," Skluzacek said. (Photo by Elisabeth Hoyt)



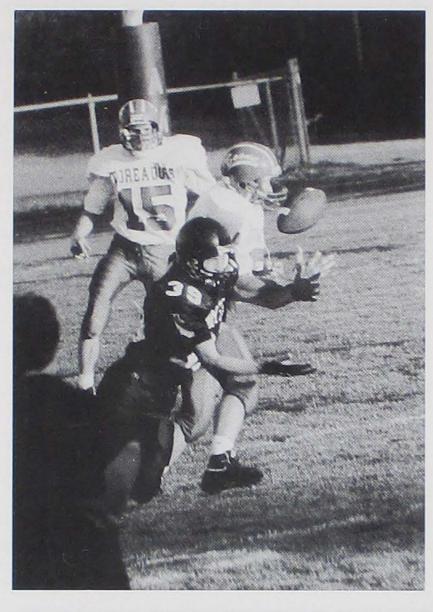
Senior David Jeong attempts a skilled put during an AHS golf meet. (Photo by Elisabeth Hoyt)

Varsity quarterback Scott Stevermer gets ready for the hike. The football team beat Roosevelt twice in the season, once in regular seasonand once in playoffs. (Photo by Jessica Pohlman)

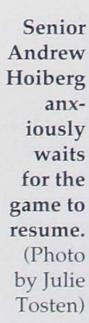
Sophomore Troy Devens runs the ball for a touchdown. The sophomore team ended their season with a record of 8-1. (Photo by Jason Rearick)



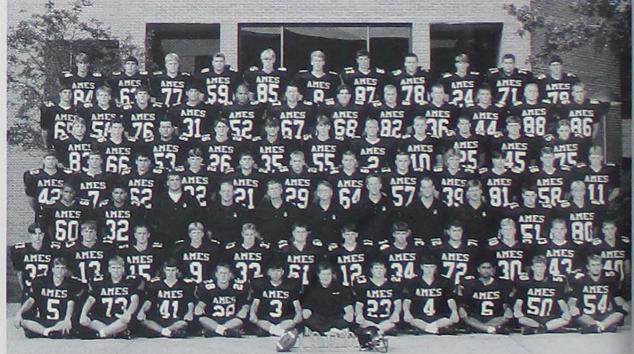
Senior Dan Johnsen attempts to catch a ball during the regular season. The JV football team went undefeated in thier regular season. (Photo by Julie Tosten)











VARSITY FOOTBALL: Front: A. Maysent, A. Schropp, J. Sedgwick, J. Roeske, P.Thevathath, A. Brown, I. Greenlee, B. Fogarty, A. Amin, N. Samson, J. Martin. Second: J. Ward, C. Van Maaren, A. Wagner, S. Manatt, J. Mowers, M. Myer, L. Deardorff, T. Cardwell, E. Auge, D. Chenney, Z. Rhodes, M. Charter. Third: R. Chambers, A. Greving, Asst. Coach B. Krausman, Asst. Coach J. Johnston, Asst. Coach C. Pelzer, Head Coach K. Daddow, Asst. Coach B. Vertenan, Asst. Coach V. Downs, Asst. Coach J. Burrow, S. Cameron, D. Teas. Fourth: K. Nessett, R. Beck, J. Grant, D. Burgduff, A. Wilson, T. Fraser, D. Hamilton, C. Gardener, D. Johnsen, M. Kadolph, B. Payne, J. Burgduff. Fifth: M. Downs, C. Nedopil, D. Cheneveret, R. Cline, R. Heiberger, D. Genalo, J. Hanson, S. Stevermer, B. Antisdel, A. Biskner, T. Sassman. Sixth: R. Smalling, J. Sellers, M. Potter, M. Martinez, A. Wilson, J. Woodley, J. Bills, B. Brown, C. Marty, J. Crawford, J. Burrow, D. Wetzel. Back: J. Simons, A. McDonald, J. Eernisse, N. Rahfelt, A. Hoiberg, B. Lawler, M. Shimkus, D. Knapp, K. Belz, N. Sailsbury, N. Pflug.



Football Fever

Friendship brought the football team together as they captured second place at state

by Erin Wentworth

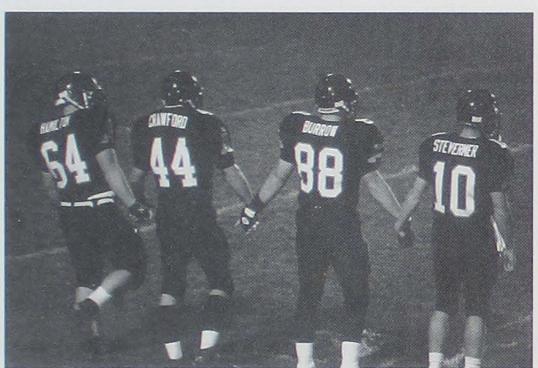
Keys jingle in the air and the crowd goes wild. It's football season and the fans have football fever. But the fans weren't the only ones excited for the season. The players were too.

"We set many goals at the beginning of our season," junior **Adam Wagner** said. "We met almost all of our goals. Being 9-0 in the season was one of the big ones."

Behind the mask of a successful team was the dedicated time spent forming team unity on and off the field. The football players spent much more time together than just that on the practice field. On Thursdays before practice the players were tested on the plays that their opponent would run. Then they would spend the evening playing cards and having fun. On Friday mornings the team would wake up early and eat breakfast together at Perkins.

"It seems like the 24 hours prior to the game we spend a lot of time together," senior **DJ Burgduff** said. "We play cards, and then 10 hours later we are eating breakfast together again."

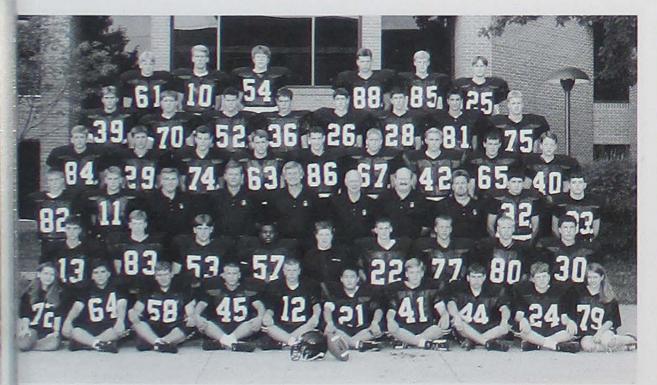
When it came down to it, the football team dedicated time and hard work for what they loved: football, and the fans returned their enthusiasm by cheering at the games.



Seniors Drew Hamilton, Jon Crawford, Jamie Burrow, Scott Stevermer hold hands in the form of unity before going out to the field for the coin toss. (Photo by Julie Tosten)

Facts & Stats

- Varsity record 12-1
- Sophomore record 8-1
- The first time since 1957 that the football team was undefeated.
- First state championship game appearence ever.



PHOMORE FOOTBALL: Front: A.Kadolph, G. Bowles, C. Jutting, T. Albaugh, G. Burrier, D. rant, B. Larson, S. Honn, S. Wheeler. Second: M. Doran, K. Huls, J. Bessman, B. Agbaje, A. Iwn, K. Heiberger, A. Penner, B. Neff, K. Blackwelder. Third: B. Swenson, J. Happe, Asst. ach E.Schwiger, Asst. Coach P. Lawler, Head Coach D. Tramp, Asst. Coach J. Duea, Asst. ach D. Doyle, Asst. Coach K. Litchfield, R. Mohamed, A. Carlson. Fourth: J. Knapp, E. Distler, Stegge, J. Ward, T. Tarbox, G. Stotts, A. Weiss, B. Linahon, B. Owens. Fifth: T. Devens, J. Vogel, Smelser, M. Shrum, B. Antisdel, J. O'Connell, R. Paul, D. Wetzel. Sixth: N. Ginder, B. Lawler, Pyle, S. Shepherd, J. Crawford, S. Kolner.



FRESHMEN FOOTBALL First: B. Winkey, C. McGenney, P. Cole, D. Martinez, J. Milam, S. Johnson, J. Calentine, B. Recker, J. Brodie Second: B. Linahon, M. Vander Zyl, A. Bond, T. Distler, D. Burrow, J. Hugdahl, G. Hetfield, S. Kruger Third: C. Maxey, R. Hutchison, A. Crumpton, Coach T. Rial, Coach A. Bruemmer, Trainer A. Bond, J. Rock, J. Milam. Fourth: J. Mowers, A. Kohler, T. Larson, D. Houghton, M. O'Connell, R. Risse Fifth:R. Harman, J. Holscher, B. Shepherd, M. Woodley, M. Hinders, M. Yokiel, M. Zimmerman.

Sports 63

Stepping it Up

The Girls Cross Country Team fought it out to meet high expectations

by Kristen McGeeney

From toilet paper and whip cream to army rolls and high expectations, the Girls Cross Country team had been through a lot. Through hard practices and a lot of fun, the team endured.

"We had some high expectations this season so Coach Schmaltz and Jorg worked us hard and tried some new workouts to get us ready for the championship part of the season," junior **Trisha Dau** said.

Along with these expectations of a good season, many people just enjoyed the season.

"Being a freshman, I thought cross country would be tough, but it turned out to be a lot of

fun," freshman Terri Stalheim said. "Everyone supported each other, which made it a blast."

The numbers that went out for the cross country team made it an interesting team. The team had ninety-six girls go out.

"There are so many people out this year that it was odd at times," senior **Shannon Goldman** said. "We had an old man stop us and say, 'You're Schmaltz's girls aren't you?' The whole community know us."

The season was full of laughs and trials. The girls stepped it up and fought their way to the end. It was a season full of tall heights and long strides.

Facts & Stats

- •The team received twelfth place at State
- They got third place at districts
- The team placed second at conference
- There were a record number of ninety-six girls out for the team

Freshman Stacey
McConnell and
freshman Anna
North run together
at a meet. "One of
the things I liked
about cross country
was how my teammates supported
and helped me
through my races,"
McConnell said.
(Photo by Kristen
McGeeney)





Sophomores Emily Peterson, Shannon Floyd, freshman Jill Larson and sophomore Jenny Carpenter run at the conference meet held at the Iowa State course. (Photo by Julie Tosten)



GIRLS CROSS COUNTRY: Front: R. Boyd, A. Adams, A Rios, D. White, K. Roosa, A. Singh, E. Song, S. Vleck, E. Kitchell, T. Goodall, S. Goldman, E. Mcelroy Second: E. Wehner, L. Carey, K. Powell, D. Cain, A. Sargent, A. North, J. Carpenter, R. Chacko, A. Hickman, S. Wilson, T. Belz, B. Peterson, T. Stalheim Third: S. Kitchell, A. Ling, A. Johnson, N. Rebarcak, P. Steffes Coach Schmaltz, Coach Jorgenson, A. Corley, K. Zeimet, N. Thompson, E. Duffelmeyer, M. Maxwell Fourth: Y. Shinar, A. Grant, S. Hegland, V. Kuo, S. McConnell, J. Stevenson, S. Schubert, R. Abbott, J. Bents, A. Persaude, A. Beiser Fifth: E. Johnston A. Salvo, E. Maysent, S. Floyd, K. Wade, S. Lowman., S. Dobberke, L. Litchfield, S. Schmaltz, H. Dobbs, C. Rice, J. Sargent Sixth: A. Erickson, A. Barnhart, M. Lehmkuhl, B. Foote, T. Dau, S. Lyon, J. Hunziker, E. Richey, L. Smart, E. Peterson, L. Heiligenthal, L. Goodwin Seventh: C. Gilchrist, M. Flaws, J Larson, E. Bovenmeyer, K. Dunlay, A. Hill, S. Berns, R. Best, J. Larson, M. Shill, Back: L. Burhenn, C. Miller, T. Randall, J. Stevenson, S. Helmar, C. Rollins, C. Rippey, L. Cronin, K. Bourne, J. Martin, A. Butin, M. Russell.



Freshmen Allyson Warren and Megan Flaws finish out the Conference meet, which was one of the three meets held at Ames. (Photo by Kristen McGeeney)

Freshman Amy Sargent and sophomore Yael Shinar face the last part of the two mile course. "It made me realize the diffence between a mental challenge and a physical challenge and forced me to deal with both," Shinar said.(Photo by Julie Tosten)





Sophomore Erin Maysent strains to win. "It helped when people were there to support us," Maysent said. (Photo by Kristen Mc-Geeney)



unior Trisha Dau decorates a bus at spaghetti club. For the second ear in a row, the girls cross country team decorated and rode the us in the Homecoming parade. "It was sweet! We decorated it in ty driveway and it was lots of fun," junior Trisha Dau said. (Photo y Vanessa Kuo)



Freshmen Danielle Cain and Lindsay Burhenn run in the Conference meet. (Photo by Kristen Mc-Geeney)

Seniors John Russell and Travis Nichols try to pull ahead of the bunch at the Ames Invite competition. "Once we were running back in the woods. There was an almost naked lady sunbathing," Nichols said. "That was the best part of the course." (Photo by Kristen McGeeney)

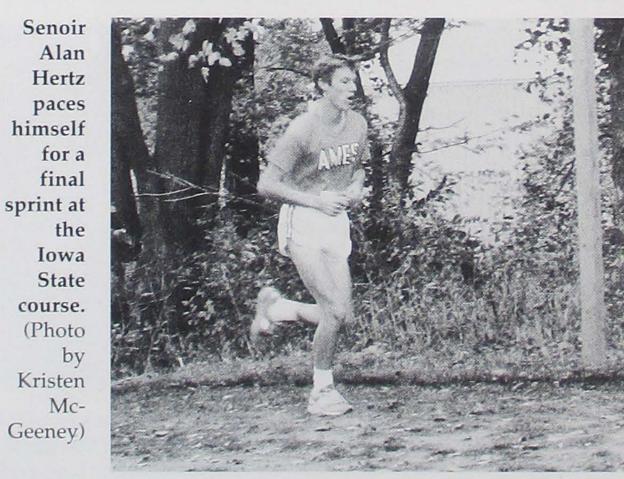
Ezra Hallam pushes for the finish at the Ames Invite Competition. The Ames team did well at the meet. (Photo by Kristen McGeeney)



Sophomore Joel Minion runs at the Iowa State course. "I like cross country because it's competive," Minion said. (Photo by Kristen Mc-Geeney)











BOYS CROSS COUNTRY: Front: L. Healy, P. Finn, T. Noxon, B. Stover, M. Stewart, P. Gillot, D. Hatt, B. Janke. J. Hallam and K. Shilling. Second: M. Poist, A. White, S. Goldman, J. Kinley, Manager C. Williams, Manager I. Veale, Manager B. Raines, S. Bauer, K. Poorman, A. Sage and B. Chehey. Third: N. Hostetter, E. Weber, P. Kruger. A. Otteman, Asst. Coach L. Rollins, Coach J. Sletten, D. Steelman, T. Schweikart, E. Hallam and J. Netcott. Fourth: N. Peterson, M. Mize, A. McElherne, C. Staff, L. Guthrie, T. Hamblin, Z. Keller, D. Roy, J. Russell, E. Houge and R. Miller. Fifth: M. Gardner, A. Hurt, R. Ghaffarzadeh, T. Nichols, M. Morain, J. Clyde, B. Grotewald, J. Titus. B. Biskner and D. Miller. Sixth: N. Roberts, D. Murray, A. Hertz, A. Ritz, K. Achter and J. Minion.

66 Boys Cross Country

Running Strong

Working from a solid foundation the team worked together to meet its goals

by Ross Wirth

The 1996 season marked a great milestone for the boys cross country team. For the first time since 1991 they won more than one meet in their season. The team had early success, winning two meets in the first month of the season, which set them on the right track.

"We had a much better season than we did last year," Coach **John Sletten** said. "The six returning seniors really helped the team."

The returning runners provided a solid foundation for the team. Around their leadership, a strong team was formed.

"This year's team really worked well together," senior Michael Morain said. "We all praticed

hard and worked towards a common goal."

Long hours of practice were required in order to achieve their goal of a high performance in meets throughout the season. This dedication contributed to their successful season.

"It was a lot of hard work, but it was worth it," senior **Jon Titus** said. "We had fun and a better season than last year."

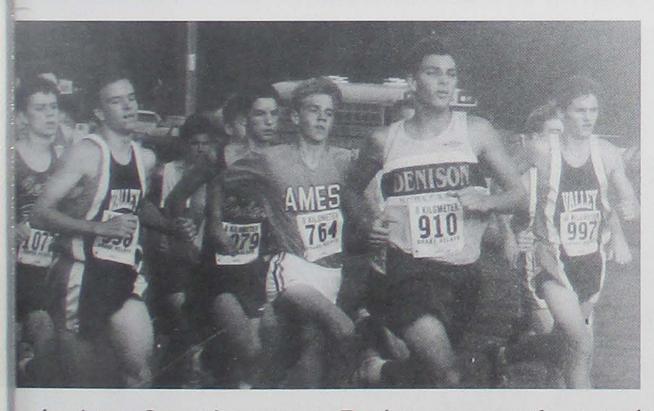
The team's hard work paid off in the end, when their goals were met, and they placed second in both the district and the conference meets. The leadership provided by the returning runners helped the team achieve the common goal of performing well in their meets.

AMES 704

Sophomores Ross Miller and Jess Clyde strive to take the lead comming around the bend at the Ames Invite. "Cross Country is a lot like life. You must go hard, keep your feet on the ground and avoid bushes," Clyde said. (Photo by Kristen McGeeney)

Facts & Stats

- The team won two meets
- The team qualified for state
- •Six seniors returned to the varsity team
- Second place finishes in both district and conference meets



unior Aaron Sage tries to pass a Denison runner at the start of he Ames Invite Competition. Runners from many surrounding ommunities came to participate at the Ames Invite Competiion. (Photo by Kristen McGeeney)



Several of the Ames High runners catch up with the Marshalltown runners. The Ames team did well on their home course at Iowa State because they were familiar with its ups and downs. (Photo by Julie Tosten)

Sports 67

A time to kill

Team chemistry, hardwork and friendship helped the volleyball team through the season

by Zach Keller

Bump-set-spike. It's one of the easiest offensive weapons in volleyball. However, this process can prove to be tricky without proper communication and accuracy in hitting. That is why team chemistry is so essential.

"We showed steady improvement and great teamwork," coach **Sindy Friedrich** said. "The senior leadership was outstanding."

With talented underclassmen finding their way onto varsity, the seniors were heavily relied upon to provide leadership.

"After a loss, we were there to help the team compete its best in the next match," senior **Julie Ollila** said.

The team not only competed hard on the floor,

but they were also good friends off the floor as well.

"We stick together no matter what. When one person is down, we're all there to help pick her up," senior **Amy Van Slyke** said.

Support proved to be a vital part of volleyball, as no team can play well without support and chemistry between the players.

"We have five sophomores and six juniors on the JV team, but we work well together on and off the court," junior **Kelly Hallihan** said.

No one player can play alone. It takes a collaborative effort, determination and steady improvement. This is what it takes to be a team, and that's what AHS Volleyball was all about.

Facts & Stats

- Record: 9-14-6
- •3 sophomores were on varsity
- •2150 attempted attacks
- •536 kills
- •569 attempted blocks
- •92.4% serving efficiency
- •85.1% passing efficiency
- •1313 digs

GIRLS VOLLEYBALL:
Front: Jessica Wray,
Theresa Nassif, Katie
Milleman. Second: Jennifer McMaken, Carrie
Kearney, Kelly Hallihan,
Stacey Chung. Back:
James Brockway, Mary
Jischke, Ellen Haws, Heidi
McElroy, Sarah
Osmundson, Jaclyn
Sprong.



Front: Amy Van Slyke, Megan Rademacher, Amber Engelen, Emily Hawkins Second: Nicole Richardson, Naomi Lohr, Katherine Anderson, manager Greg Albright. Back: Mary Buck, Shawne Kingsbury, Erin Johnson, Julie Ollila, Meghann Hunt, Molly McNertney, coach Sindy

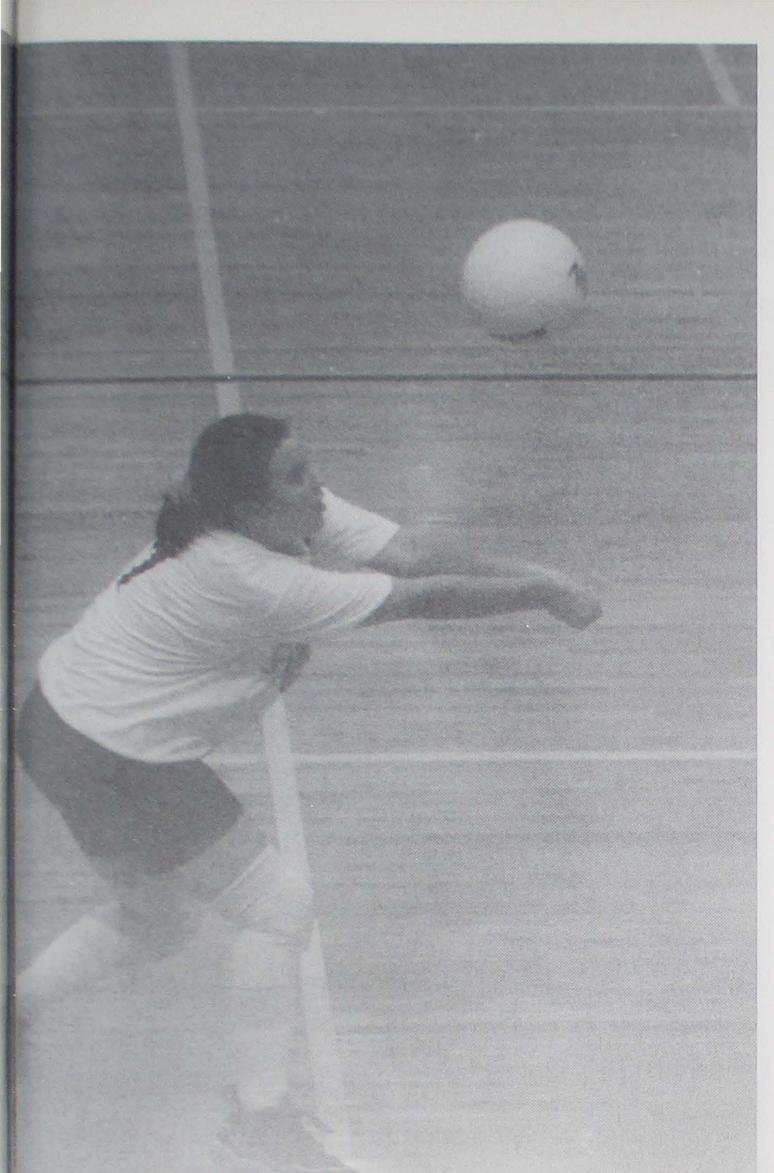
Friedrich.

GIRLS VOLLEYBALL:





GIRLS VOLLEYBALL: Front: Betsy Deardorff, Sarah Krumm, Sarah Tapper, Joy Brinkmeyer. Second: Bridget Rhodes, Samantha Dorr, Elizabeth Vogel, Ana Blaedel, Devon McClurken. Back: Shannon Beck, Shelley Vance, Jennifer Taege, Kristen Brown, Nate Rowland, Heather Davis.



Senior Emily Hawkins returns the ball in a game against Urbandale. "This year was fun," Hawkins said. "We learned to work together." (Photo by Elisabeth Hoyt)

The varsity team meets together as coach Sindy Friedrich thinks about the upcoming game. (Photo courtesy of Amy Van Slyke)





Sophomore Julie Van Slyke sets the ball as Missy Ridnour looks on. "We ended the season really pleased with ourselves," Van Slyke said.



GIRLS VOLLEYBALL: Front: Missy Ridnour, Carianne Bouillon, aime Voss, Julie Van Slyke. Second: Alison Maxwell, Meagan Harms, acey Martin. Back: Sarah Jones, Julie Avey, Jessica Ensley, Megan weeney, Theresa Testroet.



GIRLS VOLLEYBALL: Front: Lynse Schmidt, Kristi Johnson, Laura Woline, Linnea Woline. Second: Kristen Ewing, Sarah Hansen, Ashley Paulson, Meghan Ritts. Back: Heather Davis, Sarah Myers, Jaquie Scanes, Erin Peiffer, Molly Muehe, Nate Rowland, Shannon Beck.

Senior Mark Nutter does a flip during a football game. His acrobatics gave an even more exciting element to the cheersquad. (Photo by Jason Rearick)

Cheerleaders perform a few cheers to get the students involved during the Homecoming assembly. During many assemblies throughout the year students got the chance to show their school spirit. (Photo by Lori Bates)



Seniors Marc Scholten, Jon Coy and Mark Nutter prepare to catch Michelle Boster during a pep assembly. (Photo by Julie Tosten)





Freshmen Lindsay Wright, Brandy Graham, Nicole Olson, Cassandra Erikson. (Photo by Kristen Mc-Geeney)





Fall cheerleaders get the students involved during the sports kick off at the begining of the year. Students went to many assemblies during the year where the cheerleaders would pump up the crowd. (Photo by Lori Bates)



Catch the Spirit

The cheerleaders had the challenge of keeping the crowd involved and going to State

by Lori Olson

Cheerleaders were one of the important factors in unifying and involving the crowd during sporting events. They practiced every single day to learn the new cheers, designed and posted signs and went to the games to help support the team.

"We get our cheers mostly from camps and our coaches," senior **Dana Doran** said. "Some of our cheers have been around for awhile."

Sometimes it can be difficult to get the crowd into the game, but certain cheers seemed to spark more spirit.

"I think the crowd enjoys the cheer that goes 'Clap your hands, stomp your feet, Ames High

Cyclones can't be beat," sophomore Megan Popelka said.

The crowd also enjoyed hearing other new cheers this year.

"The crowd was always ready to say that it was great to be an AHS Cyclone," senior **Jon Coy** said.

The cheerleading season wasn't just going to games and practices. They also had the State Competition. The varsity squad went to the competition with hopes of winning and they accomplished just that.

The season was very rewarding for the cheerleaders who participated.



Junior Julie McKay and seniors Heather Herold, Dana Doran, and Michelle Boster help lead a cheer while doing a stunt. With three senior boys on the squad they were able to do more stunts. (Photo by Lori Bates)

Facts & Stats

- Varsity won State Title.
- 19 cheerleaders made up the varsity squad.
- •Three senior boys were on the varsity squad for the second year in a row.



ill Cheer Squad: Front: C. Burgason, Q. Perrin, M. Quinn, A. Brannan, S. Waddy, A. Hronek, L. vle, A. Roberts. Second: C. Erikson, J. Coy, B. Graham, K. Lamont, A. Van Auken, R. Bartels, N. Ison, L. Wright Third: T. Anderson, D. Spencer, M. Popelka, A. Wacker, C. Benson, E. Wierson, Heinrichson, B. Thomas, Megan Thomas-Manager. Fourth: J. Lee, E. Kell, A. Speck, H. Herold, Boster, D. Doran, H.Barta. Fifth: M. Nutter, E. Hallam, G. Cronin, K. Osmundson, J. Watson, Coy, K. Finn, J. McKay, E. White, J. Baker, R. Osterberg, M. Scholten.



The varsity cheersquad spelled out what they accomplished. "We worked really hard throughout the season, so we felt prepared when it was time to compete," senior Dana Doran said of being state champions.

Sports 71

All For Fun

Fun, not competition, was the key to enjoying the intramural volleyball season.

by Corey Beck

Who is that masked warrior?" sophomore Tom Popelka asked, watching the mystery man in the bright blue ski mask and red cape bungle yet another spike.

There was no danger of intramural volleyball being taken too seriously. At times, it was a challenge just to get the teams to keep score.

"We play intramural volleyball because it's a lot more fun than competitive volleyball, and a lot crazier," senior Eileen Sippel said.

Many students felt that winning and losing were less important than having fun. In fact, most students felt that fun was the

Junior

have won the tour-

nament." (Photo by

Kristin McGeeney)

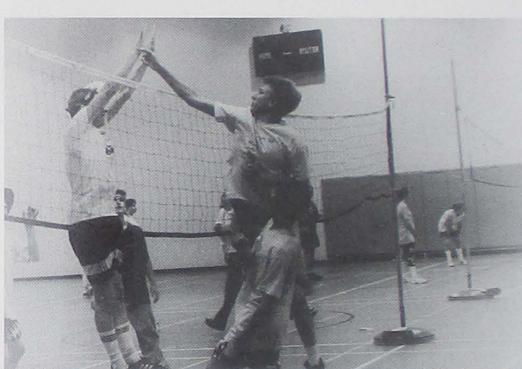
whole reason for intramural sports.

To make the season more fun, a few teams came up with some unique ideas to spice it up. Team uniforms and a secret player dressed in a mask and cape made everything more interesting for the team named "Flaming Raffi and his Illegitimate All-Stars."

"Our secret weapon, the Masked Warrior, is so secret that even we don't know who he is!" senior Nishant Parulekar, the team's captain, said.

Win or lose, the intramural volleyball season was an interesting experience for all those involved.

Luke Peterson spikes the ball while junior Jim Norris attempts to block. "My team really concentrated on our sets and spikes," Peterson said. "We should



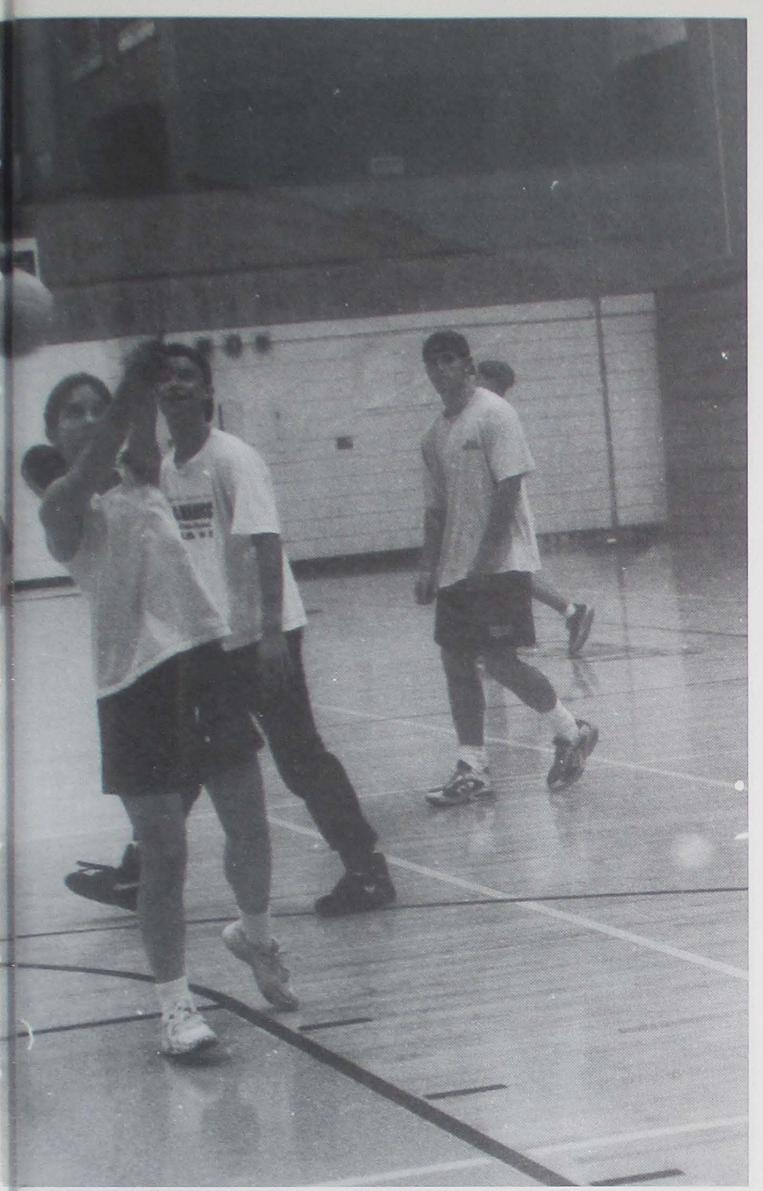
- Best team name: "Jalapeno Tuna Poppers"
- •Champion team: "The Gofers"
- Team who spent most on jerseys: "Co-Ed Naked Volleyball Team"
- Team who gave the most death threats: "The Bloods"



Flaming Raffi and His Illegitamate All-Stars psyche up on the court. "Our team wasn't the best out on the court, but we had the most fun," senior Joe Stansbery said. (Photo by Aaron Schropp)



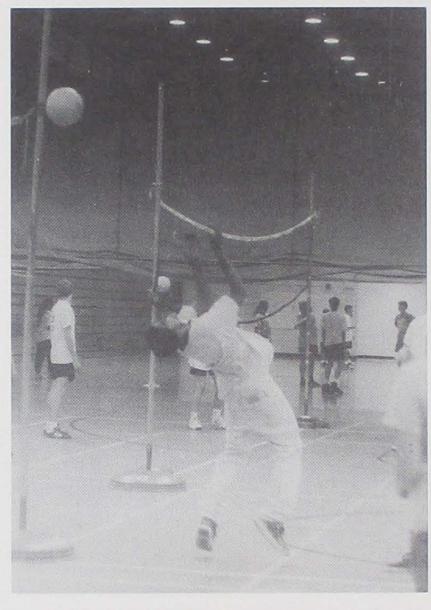
Senior Christoph Nedopil leaps into the air while attempting a monster spike. "I felt that my spikes were really beneficial to my team," Nedopil said. (Photo by Kristen McGeeney)



Senior Eileen Sippel bumps the ball to her team mates. "Teamwork was the key to success. Our team was good at setting up shots for each other," Sippel said. (Photo by Kristin McGeeney)

Junior Roozbeh Ghaffarzadeh holds the ball for junior Ben Heinen during a trick serve. "Fancy serves were very important," Heinen said. (Photo by Kristen McGeeney)

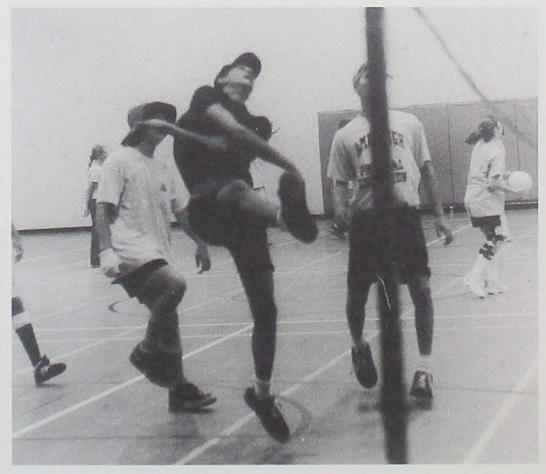




Senior **Nishant** Parulekar shows off his reverse return. "We didn't win a game," said Parulekar. (Photo by Kristen Мс-Geeney)



nior Eric Weeks bumps the ball for his team, the Jalepeno Tuna oppers. "I-Volleyball was really fun. You could stink and not ave to worry because everyone else did, especially me," Weeks id. (Photo by Kristen McGeeney)



Evan Sivesind flails around in midair while trying to spike the volleyball. (Photo by Kristen Mc-Geeney)

Sophomore Foy Spicer practices her diving prowess. Diving was an important skill for team members, not only for diving competition but also because fast times often depended on the way a swimmer entered the water. (Photo by Jason Rearick)

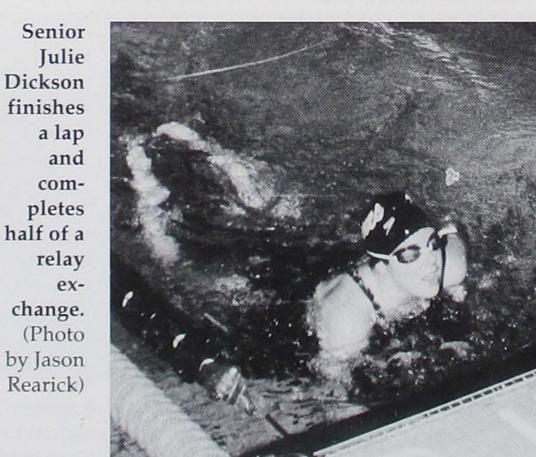
Sophomore Christine VanMeter dives off the starting block in a relay exchange. (Photo by Jason Rearick)



Senior Nicole Shaull and Coach Svien cheer on the other team members during a meet. (Photo by Jason Rearick)









Aguatics Club

Senior Nicole Shaull "flies" 100 yards. During practice, the team worked on relays, individual races and general improvement through swimming laps. (Photo by Jason Rearick)



Water World

Working well individually and as a team helped the girls swim team reach their goals.

by Caity Birmingham

Girls swimming is both an individual sport and a team sport, involving cooperation and encouragement within the team as well as setting and working for individual goals.

"One of the main reasons that I keep swimming is to break my personal goals and get better times," junior Adrienn Lanzcos said.

The team started the season off well with relay and individual records from the very first. Breaking these records accomplished many personal goals.

"We (Nicole Shaull, Christine VanMeter, Megan Stephenson and Margo Levine) broke a relay record and that was one of my ultimate goals because I got up on the record board," said junior Margo Levine.

New members of the team also felt comfortable with the atmosphere of working for individual goals and with other members.

"I like to be on the swim team because even if you have a bad day when you don't do your best, you don't have to feel bad because everyone has a good attitude," said freshman **Annalies Van Der Valk**.

Seniors felt confident that the team they left behind would continue to work well together. "The team was great this year, it was a good final year for me," senior **Samantha Mills** said.



Sophomore Christine VanMeter swims the 500 yard freestyle at a meet. "I really felt like part of a team this year. It was a blast!" VanMeter said of her team experience. (Photo by Jason Rearick)

Facts & Stats

- Record: 5 3
- •45 swimmers and six divers
- First year of swim team cuts, from 75 down to 45 swimmers.
- Placed 12th at State
- Placed 2nd at Districts
- Placed 5th at Conference



GIRLS SWIMMING:First Row: Kelly Montgomery, Robin Elwick, Karina Nelson, Julie Dickson, Samantha Mills, Erin Naeve, Nicole Shaull, Jenny Newton. Second Row: Kaye Montgomery, Jami Sharp, Christine Van Meter, Margo Levine, Megan Stephenson, Kate Christianson, Cynthia Whiteford, Melissa Kinyon, Jamie Siefert. Third Row: Mindy Carlson, Erin Carter, Meleah Jensen, Brooke Winton, Kara Greving, Adrienn Lanczos, Kristen McGeeny, Emily Wall, Kayla Anderson, Kindra Warren. Fourth Row: Alyssa Colbertson, Angie Lankford, Naomi Slutzki, Ann Lewis, Andrea Thatcher, Lydia VanHorn, Amanda Hardy, Annalies Van Der Valk, Stephanie Hallburg, Mandy Noll. Fifth Row: Daniel Gilloon, Eric Lambi, Cody Dakan, Leslie Crawford, Kathryn Kearney, Lindsay Kiliper, Jill Hamilton, Christine Poist, Katherine Acker, Megan Stephenson. Sixth Row: Coach Hillary Ziebold, Coach Nancy Svien, Jennifer Scott, Diving Coach Karen Youngberg.

Skating For a Goal

Despite the long season, the players enjoyed it and have hopes for the years to come

by Lori Olson

Hockey was the sport with the longest season, lasting from mid-November to early March. The players had games every weekend not to mention practices every night and every Wednesday morning.

"It takes up so much of your time that you don't have time to do other things," sophomore **Jamie Kearney** said. "I am always glad when it is over."

But this aspect of hockey didn't prevent the players from enjoying themselves.

"This year was a lot of fun even though the record was disappointing," junior Joe Ward said.

With all the time spent together, the players became close. They had the chance to meet people from different schools and towns around Ames.

"It is nice to know people other than the ones from your school," sophomore **Adam Stegge** said.

The team didn't do as well as they had hoped but the players have high hopes for next year. The future looked bright for Ames hockey.

"Although the varsity team did not live up to expectations, the upcoming varsity players should get Ames back on top," junior Chad Johansen said.

Facts & Stats

• Varsity record: 5-23

• JV record: 14-12-3

• JV won State Tournament

• Record when Tim Christians did the "dance": 7-0

An Ames player faces off against a Devils player at the beginning of the game. (Photo by Lori Bates)





The goalie stops the puck, preventing the opponent from scoring. (Photo by Lori Bates)



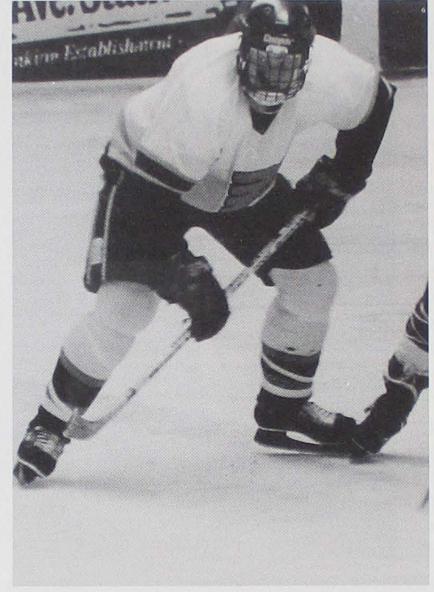
VARSITY: First: J. Mowers, A. Wilsen, A. Hansell, B. Tenny, D. Hammens, B.J. Carey Second: A. Stephenson, G. Hetfield, K. Schainker, M. O'Connell, C. Johansen, J. Kearney, N. Place, D. Thomas. Third: J. Lawler, D. Hammers, J. Ward, L. Hodges, Huebensen, N. Mabe, R. Arneson, S. Aldrich. Fourth: R. Handly, J. O'Connell, A. Stegge, A. Hagen, T. Fraser, E. Bailey, A. Hagberg, M. Heinz, T. Knapp, B. Payne, Bumgarner.



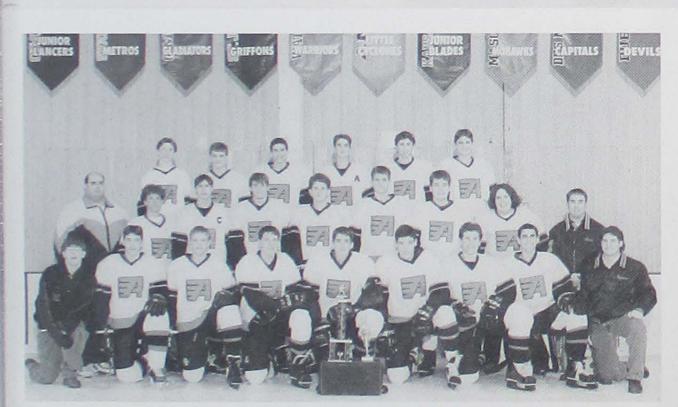
Sophomore John O'Connell faces off against the opponent. "The JV season ended on a high note," O'Connell said. "All I've got to say is Ames upside ya head." (Photo by Lori Bates)

Sophomore John O'Connell passes the puck to a team mate up the rink. (Photo by Lori Bates)





Senior Brad Payne waits for the puck to come to him. Hockey was a competitive and aggressive sport. (Photo by Lori Bates)



JV: First: T. Christians, C. Maxey, A. Hansell, M. O'Connell, B. Bumgarner, J. O'Connell, A. Stegge, K. Schainker, M. Ogbourne. Second: R. Moore, J. Van Bergan, A. Hagen, J. Mowers, N. Voelker, A. Stephenson, D. Hammons, S. Aldrich, R. Kinart. Third: C. Johansen, J. Kearney, N. Place, B.J. Carey, A. Wilson, G. Hetfield.



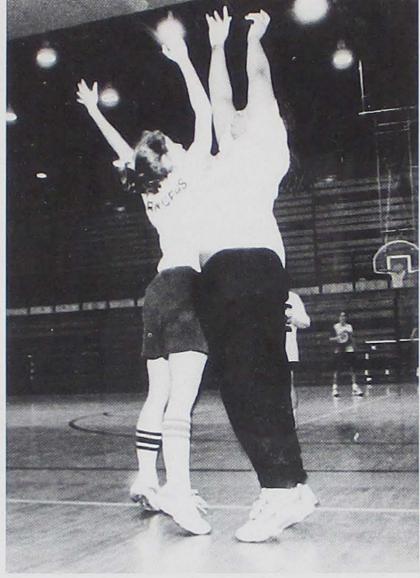
The JV
team
congratulates
each
other
after
winning the
state
championship.
(Photo
by Lori
Bates)

Sophomore Megan Popelka shoots over senior Susi Lyon and freshman Quinn Perrin. (Photo by Jessica Pohlman)

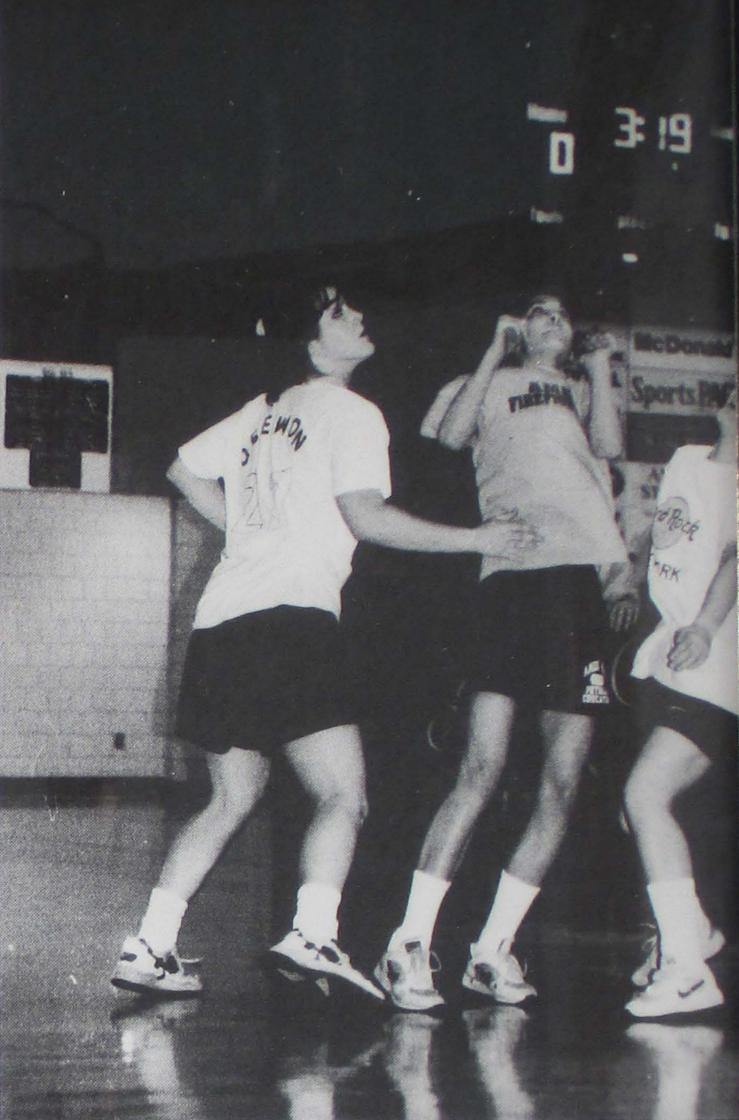
A group of guys attempt to steal the ball during their game. The guys' games were more aggressive and physical. (Photo by Jason Rearick)



Sophomore Stacie Dunlap takes a shot over senior Leah Haas. The players were often competitive between the grades. (Photo by Jason Rearick)









Some of the Devils' Brigade team pose for a picture. Many of the teams made up their own names and shirts to match. (Photo by Jason Rearick)





Wednesday Fun

Students enjoy competition and a good time with friends through I-Ball

by Lori Olson

One thing came to mind when thinking of Wednesday night: I-Ball. I-Ball was less intense and not as serious as the school basketball teams. For many people it was a chance to get together with friends and enjoy some friendly competition.

"I'm bad at basketball. That's why I play," junior John Sedgwick said.

Other people took the games more seriously and worried about their records. They also set their sights on the championship game.

"Even though our record was 2-5, we kept the lead under 30 points- sometimes," sophomore **Roni Mukerjea** said.

Some of the teams came up with thier own names to set themselves apart and to unify their team. A few of the most creative names included The Force, Blondies, and Team Manwich.

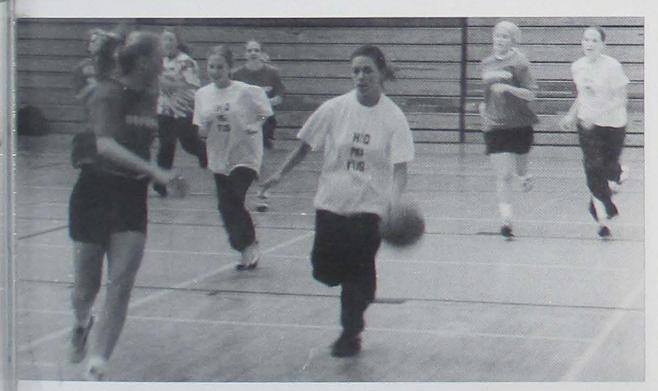
"We called our team Peradoras, which means loser in Spanish, because we felt like there was more to I-Ball then just winning and everyone on our team was losers," freshman Elizabeth Vogel said.

Whether the motivation to play came from a desire for intense competition or just a desire to spend time with friends, everyone who played agreed that it was a fun way to spend a Wednesday night.

Senior Marcus
Charter takes a shot at the basket during an I-Ball game. The players didn't have to have any skills to be on a team. (Photo by Jason Rearick)

- God Squad won the boy's championship
- Dancing Bears won the girl's championship
- •The God Squad had the most injuries





Junior Megan Rademacher dribbles down the court while sophomore Kayla Anderson runs behind her. "I liked being in I-Ball because it gave me a chance to be with my friends," Anderson said. Photo by Jason Rearick)



A group of girls wait for the rebound during a girls I-Ball game. (Photo by Jessica Pohlman)

Breaks and Baskets

The Little Cyclones overcame injuries and other problems to have some memorable victories

by Corey Beck

A new coaching staff and a new outlook gave the Ames varsity boys basketball team the momentum needed to carry them through another excellent season, despite some difficult times.

"Dedication and tenacity were key in most of our victories," senior **Matt Shimkus** said.

One of the most difficult obstacles for the team to overcome was the injuries. Sophomore **Brad Lawler** spent most of the season on the bench due to a knee injury.

"I couldn't play most of the time because my knee hurt too much," Lawler said.

Another injury that seriously hurt the team

occurred at a game in Ankeny. Senior **D.J. Burgduff** jumped for a rebound and landed wrong, breaking his right leg clear through.

"It didn't hurt at first," Burgduff said. "I thought it was the guy next to me, but then I fell and saw my leg flopping around."

In some of the rougher games, fouls caused problems. Intentional fouls and a few technicals cost the team some valuable points.

"I really like to play physical, and it caused me some problems," senior **Jamie Burrow** said.

Despite problems, the team had a great season filled with close games and memorable victories.

Facts & Stats

- The varsity boys' team ended the season with a 8-13 record
- The junior varsity team went 4-5 on the season
- The sophomore team finished 8-10 record
- The freshman A team went 12-6, while the freshman B team went 10-8

Senior Matt
Shimkus goes for
the jump ball while
the Little Cyclones'
other four startersJake Hanson, Jamie
Burrow, D.J.
Burgduff and Lucas
Deardorff look on,
ready to get the ball.
(Photo by Jason
Rearick)

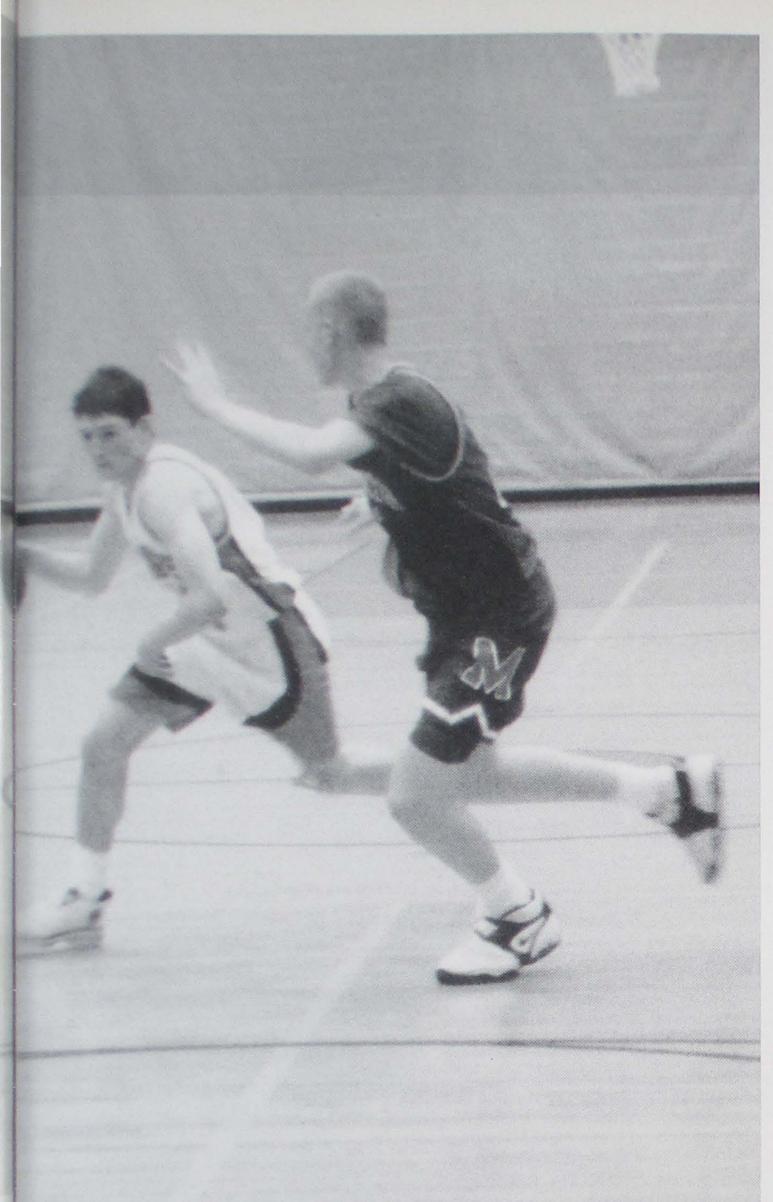




VARSITY BASKETBALL: Front: Matt McCarley, Zach Keller, Jake Hanson, Scott Stevemer, D.J. Burgduff and Lucas Deardorff. Second: Ben Brown, David Joens, Coach Downs, Coach Cullinan, Coach Goodwin, Jamie Burrow and Evan Sivesind. Back: Dan Murray, Kris Achter, Matt Shimkus, D.J. Brown, Brad Lawler and Karl Johnson.



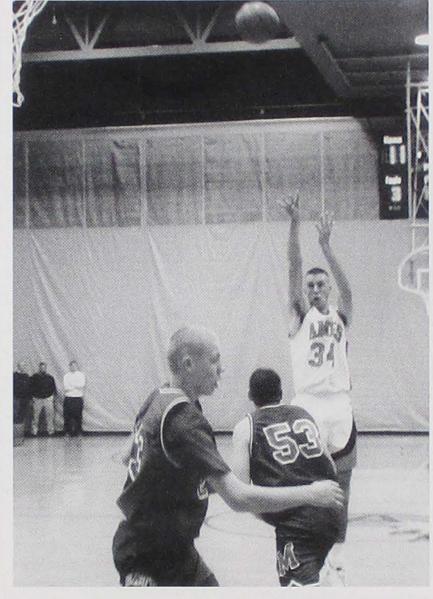
SOPHOMORE BASKETBALL: Front: M. Doran, G. Burrier, K. Schilling, J. Ventura K. Poorman and R. Mohamed. Second: E. Distler, J. Clyde, J. Steskal, B. Antisdel, J. Knapp and E. Webber. Back: J. Hill, R. Paul, Coach Duvall, Coach Reagan, Coach Schweiger, N. Hill and S. Shepherd.



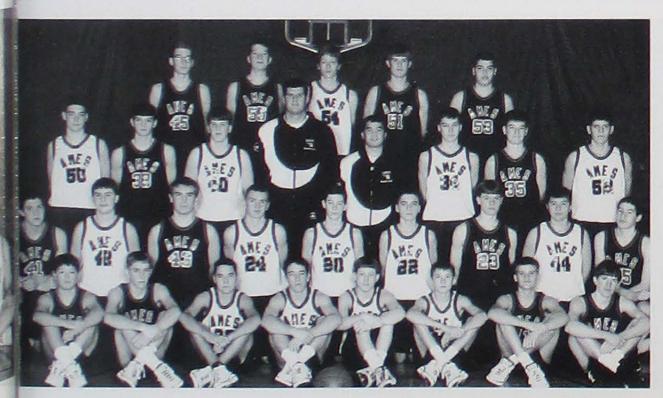
Junior Lucas Deardorff drives around a defender. "Point guard is an exciting position, but there's a lot of pressure involved in ball-handling," Deardorff said. (Photo by Jason Rearick)

Sophomore Michael Doran dives for a steal against a Marshalltown Bobcats player. "Playing in front of a home crowd makes the games a lot more fun for the whole team," Doran said. (Photo by Jason Rearick)





Senior Matt Shimkus takes a jumpshot from the freethrow line. "I didn't do much outside shooting this year," Shimkus said. (Photo by Jason Rearick)



*RESHMAN BASKETBALL: Front: D. Martinez, D. Hatt, J. Hayes, C. McGeeney, T. D'Brien, J. Hallam, D. Burrow and B. Flanagan. Second: R. Hutchison, A. Heaberlin, A. Crumpton, B. Bogue, M. Vander Zyl, S. Bauer, J. Hugdahl, T. Distler and B. /ilmaine. Third: B. Shepherd, J. Holscher, A. Canow, Coach Kane, Coach Eslinger, W. Berge, A. Kohler and A. Enfinger. Back: A. Hurt, G. Wandling, N. Peterson, J. Pruski and M. Zimmerman.



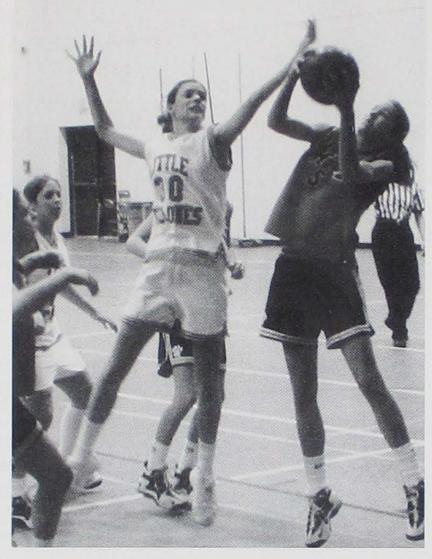
Senior Jake Hanson takes a long shot from behind the threepoint arc at a home game. (Photo by Jason Rearick)

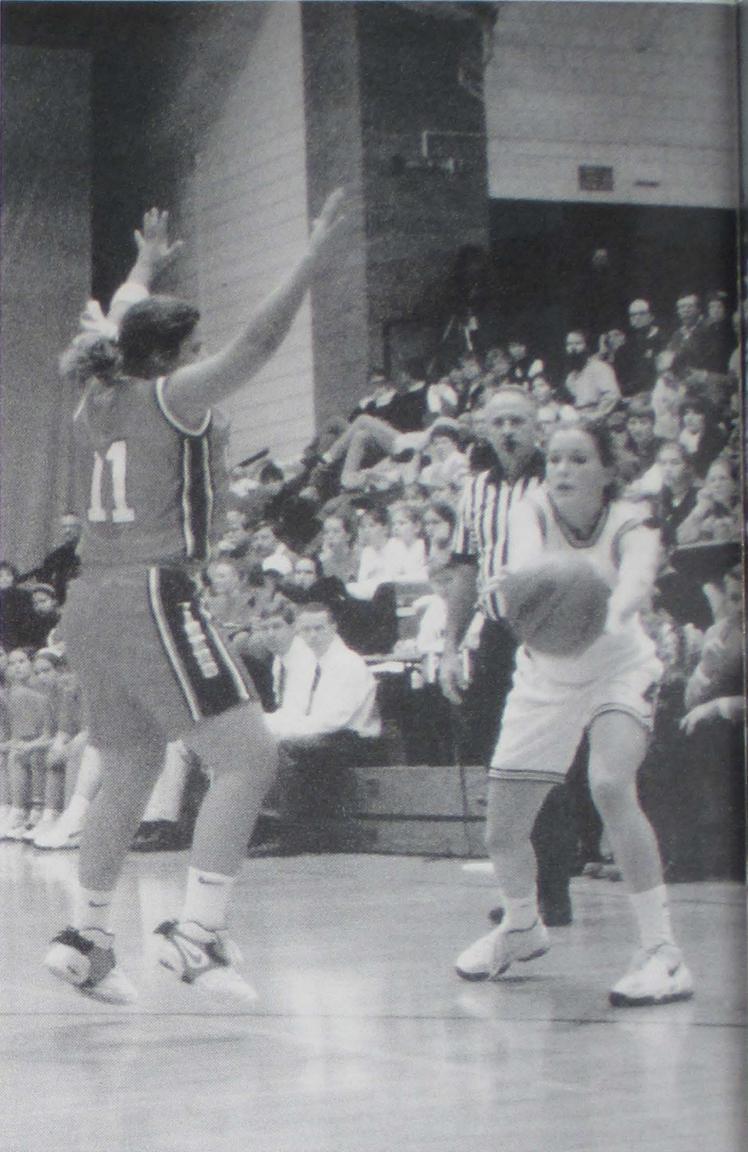
Sophomore Sarah Bappe fakes left and bounce passes the ball left to a teammate during a home game against Valley. (Photo by Jason Rearick)

Seniors Julie Ollila and Barb Bennett along with sophomore Molly McNertney wait under the basket for the rebound. (Photo by Jessica Pohlman)



Freshman
Meagan
Harms
attempts
to block
the shot
under
the
basket.
(Photo
by Jason
Rearick)





Sophomore
Erin
Maysent
takes
the ball
down
the
court.
(Photo
by Jason
Rearick)





Freshman Girls B-ball: Front: Sarah Gibb, Betsy Deardorff, Lindsay Kiliper, Jill Larson, Katie Kearney, Bridgette Rhodes, Devon McClurken Second: Dawn Sutherland, Lindsay Burhenn, Sam Dorr, Anna Blaedel, Jessica Lawson, Beth Peterson, Meg Ward, Stephanie Schmaltz Back: Jeanne Pederson, Katy Crawford, Coach Mark Jugenson, Linday Van Fleet, Coach Chuck Stevens, Allison Warren, Meagan Harms



Shooting Hoops

Team unity and hard work was all worth it for the girls team

by Erin Wentworth

The clock is ticking, the crowd is cheering, 6....5....4....3....2....1; the game is over. This was what the girls basketball team heard throughout their season. The fans cheered them on, game after game.

"A key point in the season was the crowd support," senior Carrie Shupp said. "At a lot of the away games we had a bigger crowd than the home team."

Another important aspect of winning the game was great team support and coaching ability. If the athletes got along, it was a good season whether or not the team won or lost.

"I have never been part of an activity I en-

joyed more from top to bottom; the coaches, the team members, and the sport," sophomore **Sarah Bappe** said. "It was a great season with people that made it that way."

The season was not just about winning and losing, it was about the experience of being part of a team.

"It was an enlightening experience even though we lost," freshman **Meagan Harms** said.

In order to obtain the highest level of a successful season; it must include team support, coaching ability and crowd participation. All of these aspects came together to inspire the girls' season.



Senior Stephanie Wycoff fakes out her opponent and attempts to make a shot. (Photo by Jason Rearick)

- The sophomore record for this year was 9 and 11
- The Varsity record for this year was 10 and 11
- The freshman record for this year was 3 and 16 for the A team and 3 and 11 for the B team.



Arsent, Jill Lippard Second: Lisa Smart, Lori Olson, Sarah Jones, Megan Sweeney

Lisa: Jessica Ensley, Meagan Norlin, Coach Troy Hill, Raquel Hansel, Emily Peterson.



Varsity Girls B-Ball: Front: Stephanie Wilson, Carrie Shupp, Sarah Bappe, Nicole Thompson, Katie Milleman, Stephanie Wycoff Second: Katie Finn, Trisha Dau, Allison Brennan, Natalie Carver, Carrie Kearney Back: Erin Carter, Barb Bennett, Coach Bruce Vertanen, Coach Judge Johnston, Julie Ollila, Molly McNertney.

King-Pins

Exhaustive training sends four to state

by Zach Keller

The struggle started the minute the alarm clock went off at 5:30 a.m. Forty-five minutes later they're rubbing the sleepers out of their eyes as they stretch in preparation for a grueling workout that includes enough sit-ups, push-ups and pull-ups to barf up that one rice cake they've had in the last twelve hours. The recovery: seven hours of school and then another practice until 6:00 p.m. All of which is done inside of a blazing hot inferno known as the wrestling room.

"We put in a lot of hard work, and we really believed in Coach Caldwell and his program," senior Mark Nutter said. "He knows how to motivate you and give you the confidence to win."

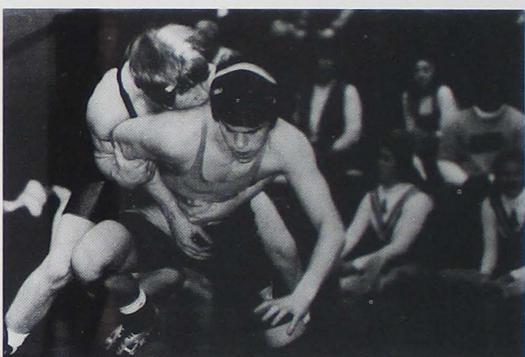
The results were obvious on one fateful night as Ames upset a nationally ranked Urbandale team, who had compiled a 52-1 dual meet record over the last three seasons.

"We went crazy. Everyone was jumping up and down; it was the most excited feeling I've had in my entire life," senior **Ezra Hallam** said. "I think we've built the foundation for the future, and we're looking forward to finishing higher in the years to come."

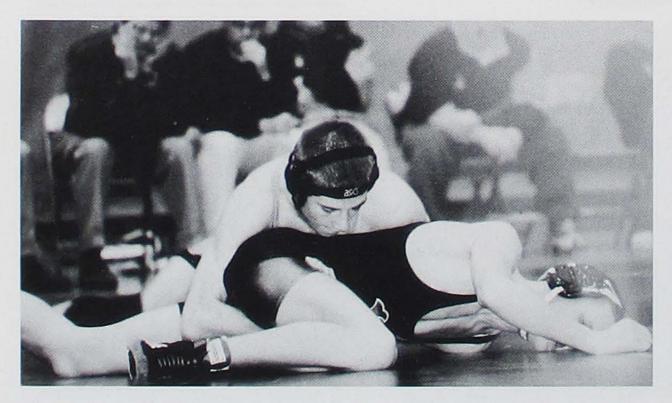
Facts & Stats

- Second at districts
- 4 wrestlers went to state
- Gavin Martin-5th place
- Jim Martin-4th place
- Justin Holdgrafer-4th place
- Team- finished 12th at the state meet

Senior Gavin Martin attempts to escape and turn from an opponent. (Photo by Jessica Pohlman)



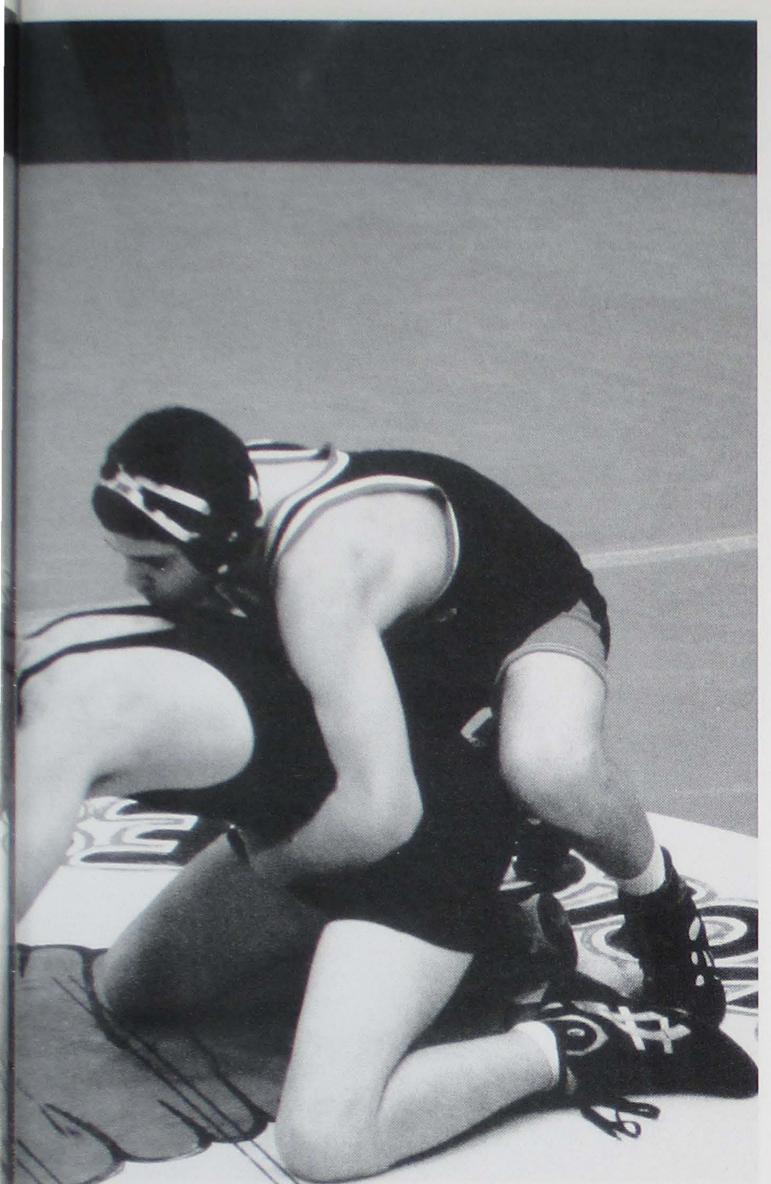




Senior Ezra Hallam attempts to turn his opponent during a home meet. (Photo by Jessica Pohlman)

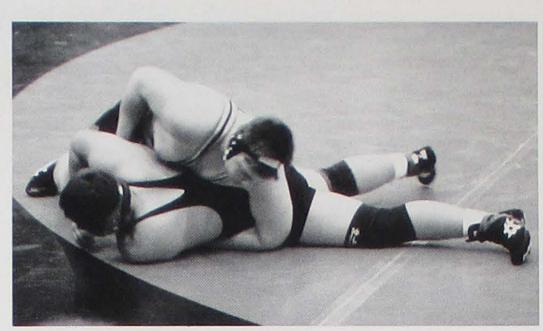


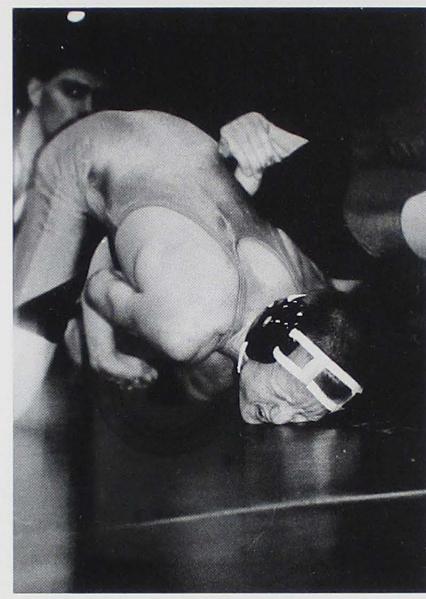
WRESTLING: Front: Adrian Dedecker, Andy Sage, Lance Christians, Mark Nutter, Sensak Kiojai, Davy Crockett, Eric Lambi, David Kinley, Josh Greenlee, Brandon Winkey, Josh Strasburg. Second: Brice Lambi, Patrick Cole, Lucas Lasche, Josh Magie, Matt VanderZyl, Justin Holdgrafer, Brian Good, Ezra Hallam, Gavin Martin, Jeff Roeske, Jim Martin, Aaron Sage, Jeff Kinley, Joel Sage, Tom Sellers. Back: Taylor Anderson, Bobby Ross, Nick Millsap, Ross Randolph, Jim Sellers, Drew Hamilton, Chris Gardner, Coach Steggert, Coach Caldwell, Coach Deery Ryan Cline, Jay Vogel, Randy Pyle, Ryan Risse, Adam Carlson, John Bessman.



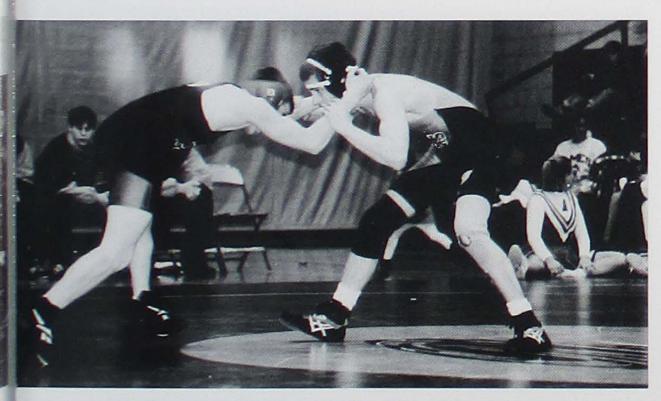
Sophomore Adam Carlson awaits the referee's whistle to begin a match. (Photo by Jessica Pohlman)

Sophomore John Bessman tries to roll an opponent onto his back for a pin. (Photo by Jessica Pohlman)

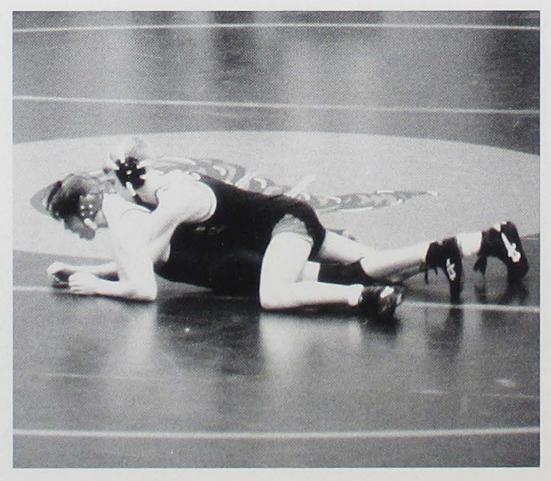




Junior Josh Magie applies the double chicken wing to pin his opponent. (Photo by Jessica Pohlman)



Junior Aaron Sage attempts to pin his opponent utilizing the halfnelson move. (Photo by Jessica Pohlman)



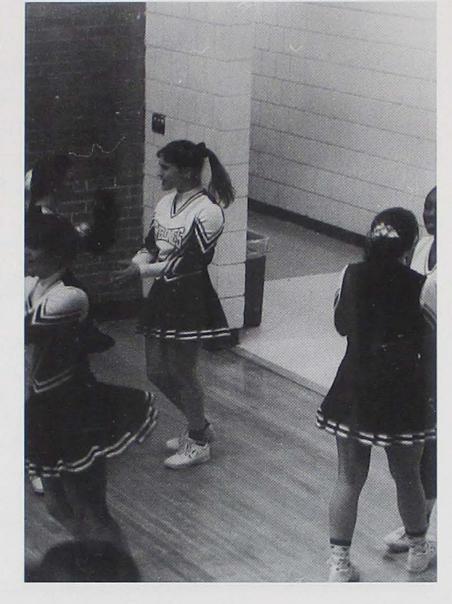
Senior
Mark
Nutter
squares
off with
an
opponent.
(Photo
by
Jessica
Pohlman)

Wrestling cheerleaders, junior Brianne Magel, and seniors Nicole Shaull and Heather Herold, have a good laugh during a meet. (Photo by Jessica Pohlman)

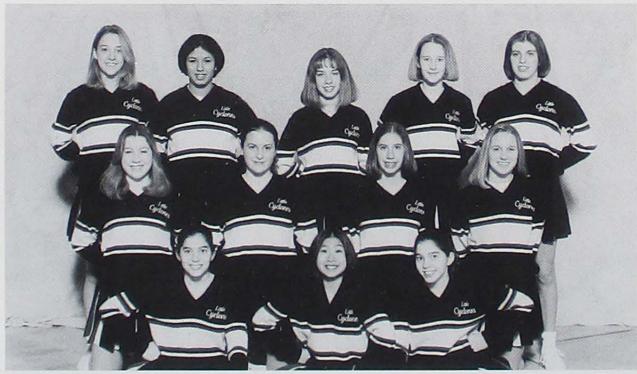
Focusing on their cheer, the sophomore cheer squad gets the crowd involved. (Photo by Jason Rearick)



The cheer-leaders prepare to cheer at a girls basket-ball game. (Photo by Jason Rearick)





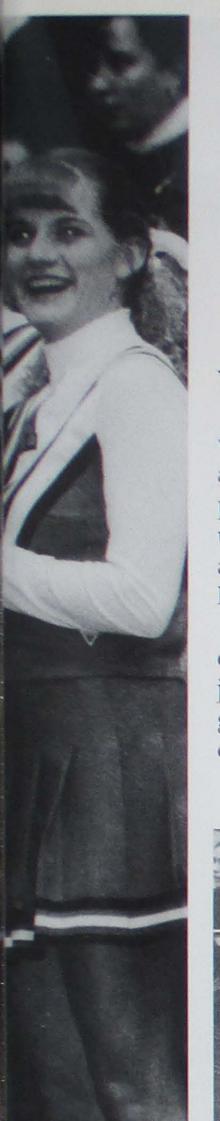


Freshman Cheersquad: Front: Linnea Woline, Pornpim Wongwarcharadumrong, Laura Woline Second: Brandy Williams, Cassandra Erickson, Kathrine Lamont, Nicole Olson Back: Joanna Hiatt, Brooke Johnson, Ashley Van Auken, Lindsay Wright, Sarah Tapper



Sophomore Cheersquad: Front: Sarah Nutter, Julie McFarland, Becky Thomas Second: Beth Miskimins, Brenda Dougan, Shannon Floyd, Beth Maroney Back: Andy Thatcher, Allison Holmes, Julie Heindrickson

86 Winter Cheerleading



Fire up, Cyclones

The cheerleaders played a big role in the crowd support and attitudes of the teams.

by Erin Wentworth

With sports events, pep assemblies and practices, being a cheerleader could be hard work. Finding time to bond with teammates and still getting down to business every day at practice was tough. Also dealing with schedules and making sure that a squad was cheering at every game of the season, could become very hectic.

"Practices were scarce this year because everyone was always cheering for something," junior Erica White said. "Our coaches did a great job of keeping us in line through all the chaos."

For first year cheerleaders it was hard to get

into the swing of things. Balancing practices, games and other homework at the same time became a challenge. Fortunately most of them managed to have fun and keep up in their school work.

"This was my first year as a cheerleader at AHS and I thought it was a really great experience," sophomore **Shannon Floyd** said. "My squad worked really hard and it was a fun and enthusiastic way to support our school."

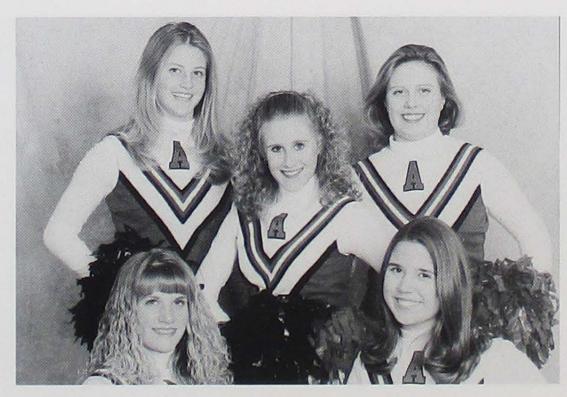
Besides learning cheers, the winter cheersquad learned to budget their time for games, practices, homework and spending time with friends. Though at times it may have been overwhelming, the cheersquad enjoyed displaying their support of AHS.

Showing enthusiasm for Ames High, freshmen Linnea Woline, Lindsay Wright, Laura Woline, Cassandra Erickson, and Nicole Olson cheer on the wrestlers. (Photo by Jessica Pohlman)

- 17 girls made up the Varsity and Wrestling cheersquads
- 10 girls made up the sophomore squad
- •12 girls made up the freshman squad
- Winter cheersquad cheered for basketball, wrestling and swimming



arsity Cheersquad: Front: Jannell Hutchison, Theresa Nassif, Adrienn Lanczos econd: Kristen Osmundson, Ginny Cronin, Amber Wiers, Mindy Wilson Back: nnifer Lee, Emily Kell, Erica White, Elizabeth Hallem, Tolu Fadeyi.



Wrestling Cheersquad: Front: Heather Herold, Brianne Magel Second: Jill Baker Back: Nicole Shaull, Heather Risse.

Goggled & Ready

Swimming beyond expectations to a fourteenth place finish at state

by Andrew Brodie

For the first time in a long while, the boys swim team came into the season without the usual high expectations. Nevertheless, the team put forth a season of effort to go beyond what anyone had anticipated.

"Despite not having much expected of us, we had a good blend of kids who competed together as a team, and performed extremely well," Coach Mike Wittmer said.

Despite sending a good number of swimmers to the state meet, the team was not expected to score well overall. However, they overcame low seedings to finish well in their events and earned a fourteenth place finish.

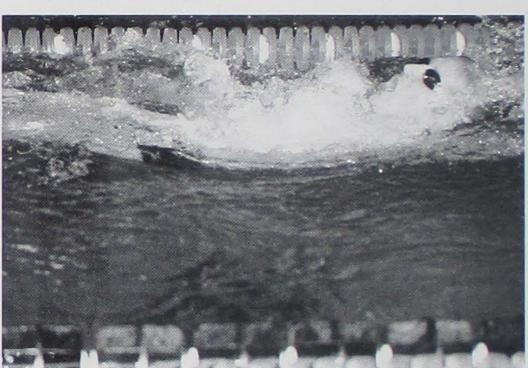
> Senior Dan Gilloon performs during the backstroke competition. "I really enjoy swimming," Gilloon said. "State meet is a lot of fun.". (Photo by Jessica Pohlman)

"This was a great season because of the support we got from the junior varsity swimmers," junior Adam Summers said. "They really stepped up and were big for us at the conference, district and state levels."

Team unity not only helped the overall performance of the team, but also made for a much more enjoyable season.

"Towards the end of the year, it was a lot of fun," senior Dan Gilloon said.

With determination to overcome low expectations and by making the most of their opportunities, the boys swim team swam to a season of success.





Facts & Stats

- 4-2 Dual Meet record
- Second place finish at districts.
- Fourteenth place finish at state meet.



Senior David Geiger and junior Luke Healy take a quick break in the pool. "It takes a lot of dedication and time to do your best," Geiger said. (Photo by Jessica Pohlman)



Boys swimming: Front: A. Ibrahim, G. Eaches, D. Roy, A. White, J. Gonzalez, Welter, M. McCracken, K. Greving, M. Jacobson. Second: Assistant Coach, A. Diesburg U. Mujeeb, E. Houge, J. Melchert, A. Brown, L. Ziebol, A. Otteman, S. Anderson, L. Peterson, J. Diesburg, K. Bourne. Third: Coach Wittmer, E. Hauber, L. Healy, D. Miller, A. Summers, E. Benbow, T. Cardwell, T. Schweikert, B. Hill. Back: Assistant Coach, B. Heller, J. Coy, A. Hartman, A. Hertz, S. Markov, R. Haynes, C. Dakan, I Geiger, A. Vardeman, J. Russell

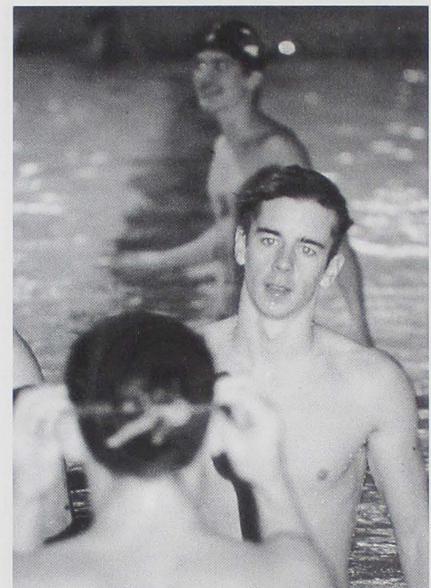
88 Boys Swimming



Junior Adam Summers dives off the the block at the start of an event. "Swimming is a lot of fun," Summers said. "Everyone really enjoys it." (Photo by Jessica Pohlman)

Senior Bryan McGeeney performs the butterfly stroke during an event at one of the team's dual meets. The butterfly was one of many strokes used by the swimmers in their events. (Photo by Jessica Pohlman)





Junior Todd Schweikert converses with fellow teammates during a swim practice. (Photo by Jessica Pohlman)



Seniors Dan Gilloon, John Russell, and Bryan McGeeney stop for nunderwater shot during practice. Such antics were often popular o take a break from everyday practice.

Photo courtesy of Brian McGeeney)



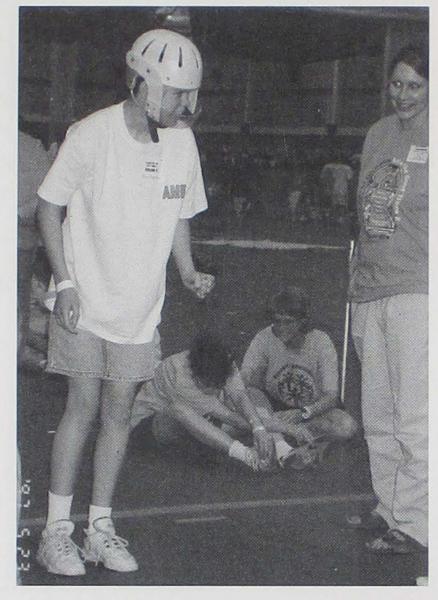
Senior Jon Coy looks straight ahead as he nears the finish of his event. (Photo by Jessica Pohlman)

Team members Derek Bjelland, Koki Nakagawa, and Michael Lynch proudly carry their banner during opening ceremonies for the state Special Olympic competitions. (Photo by Lori Bates)

Junior Derek Bjelland recieves a pep talk from Coach Hillary Ziebold before his race in the state swimming competitions.(Photo by Lori Bates)

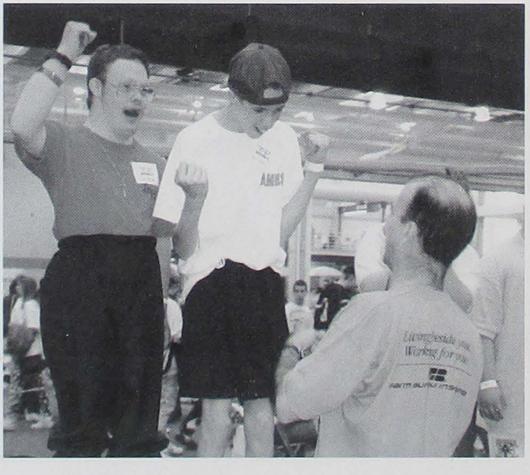


Freshman Erin Meirkord prepares to compete in the standing long jump in the State Track meet for the Special Olympics.





Junior Scott Olson recieves a medal after one of his races. The enthisiasm added to the excitement of the day.





Junior Charity Gillenwater receives her medal at the state running meet. There were several other track meets that led up to the state meet.

Thrill of Winning

Competing in the Special Olympics provided the motivatation for twenty-four individuals

by Kristen McGeeney

This year's Special Olympics team met with great success. Whether the competitors spent their competitive spirit in the pool or on the track, a lot of medals were earned and many smiles and hugs were shared.

Every year, people from around the state met to compete in the state competition. This was where the hard work of practice paid off.

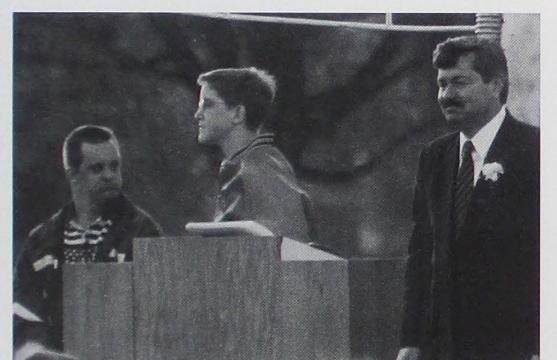
"Trying different things makes it so special, but I like the competion because I get medals," junior Mindy Bassett said.

This year, the Ames High Special Olympic team had the honor of having one of their teammates give a speech during the opening

ceremonies. Junior Gary Eaches talked about the importance of Special Olympics.

"I was a little nervous talking, but it was a lot of fun," said junior **Gary Eaches**. "I told them what I liked about it and what it meant to me. It means you can compete against people in your own level and be good at something you usually wouldn't be good at. This is my third year and I'll hopefully get to go to the world games someday."

Special Olympics provided a lot of motivation. The hours spent working and practicing paid off in the excitement of victory and recognition.



Junior Gary Eaches addresses the Special Olympic participants in the opening ceremonies for the state competion. (Photo by Lori Bates)

- There were 10 swimmers on the swim team
- There were 14 members on the track team
- •The first gold medal was won in track
- The boys relay regained first place in swimming



SECIAL OLYMPIC TRACK: Front: Luke Herenn, Melissa Anderson, Elizabeth stgate, Amanda Frye, Tina Young and Jenny Wulf. Back: Nicholas Wilson, Matt others, Scott Olson, Ryan Wilkening, Philip Clocke, Eric Speas, Charity Gillenwater at Erin Meirchord.



SPECIAL OLYMPIC SWIMMING: Front: Gary Eaches, Koki Nakagawa, Mindy Bassett, Coach Hillary Ziebold and Kerrie Bald. Back: Derek Bjelland, Bridgette Scott, Michael Lynch and Elisa Dix.

Medals Galore

Varsity and JV players experienced success

by Ross Wirth

Once again the girls golf team was a successful one. They all worked hard at both practices and meets, spending many hours driving and putting.

Since the girls did extremely well throughout the year, many went home with medals after meets. But medals weren't the only rewards for being on the team.

Many players discovered that the true pleasure of golf came not from the winning and the losing but from the making of new friends. The countless hours of practice and competition allowed the girls to create and renew friendships.

"This season was a lot of fun with all the new

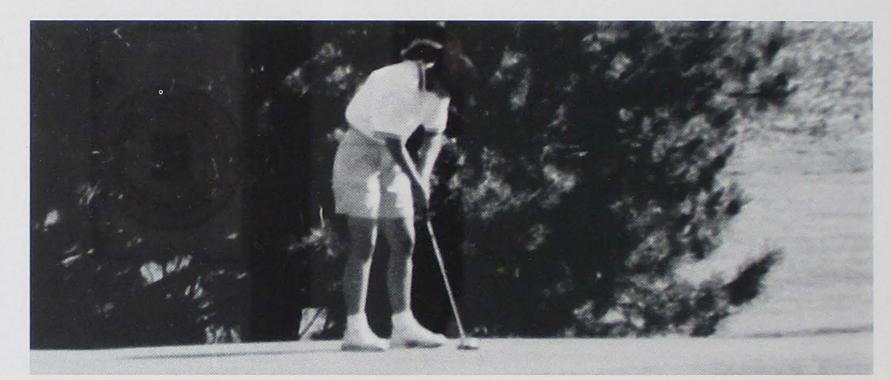
freshmen on the team," senior **Kristi Powell** said. "We did really well all season long. We got lots of cool metals and stuff."

The departing seniors were able to have the winning medals as a memory of their final year in golf at Ames High.

"Both varsity and junior varsity had successful seasons," sophomore **Missy Ridnour** said. "I thought we all learned a lot from our coaches and I'm really looking forward to next season."

After a successful season the graduating girls had many precious memories to carry them into the future. The freshmen had strong mentors from whom they learned and followed.

Senior Erin Naeve lines up to putt on the green. The girls golf team practiced at the country club on the outskirts of town. (Photo by Jason Rearick)

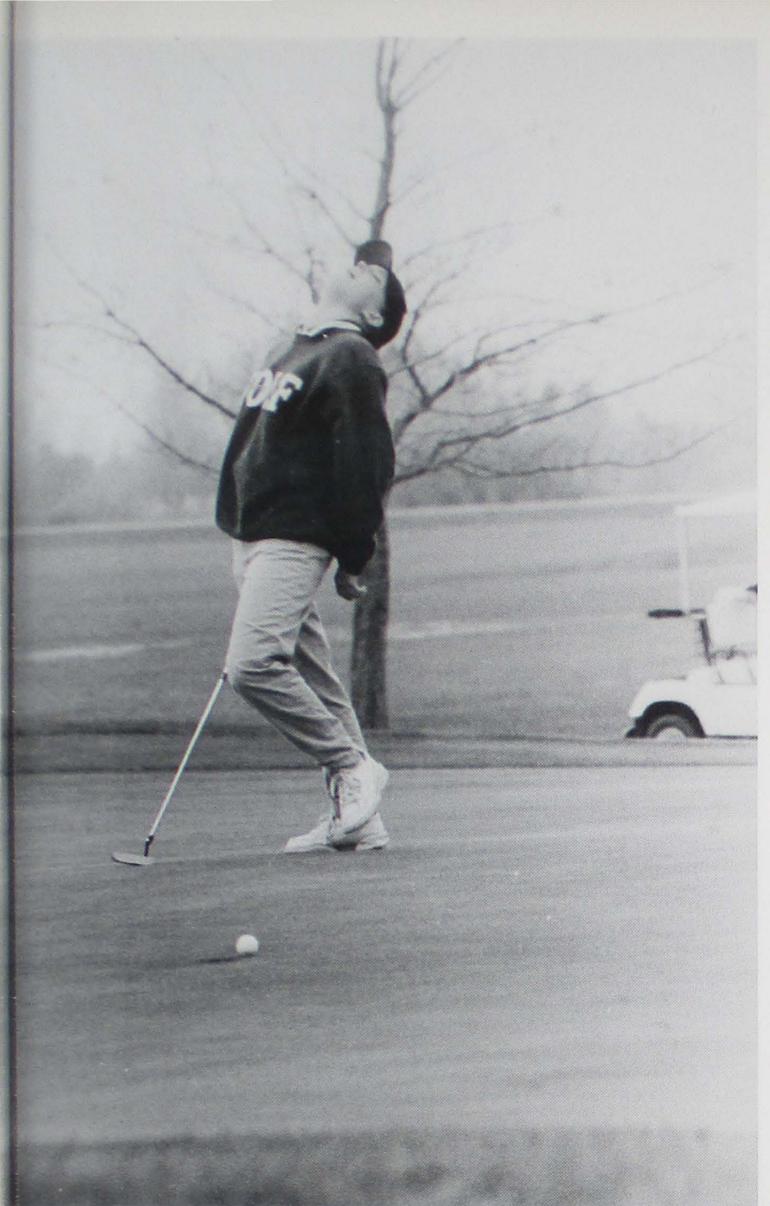




Senior Natalie Deiter tries to escape the sand trap while practicing at the Ames Golf and Country Club. (Photo by Jason Rearick)

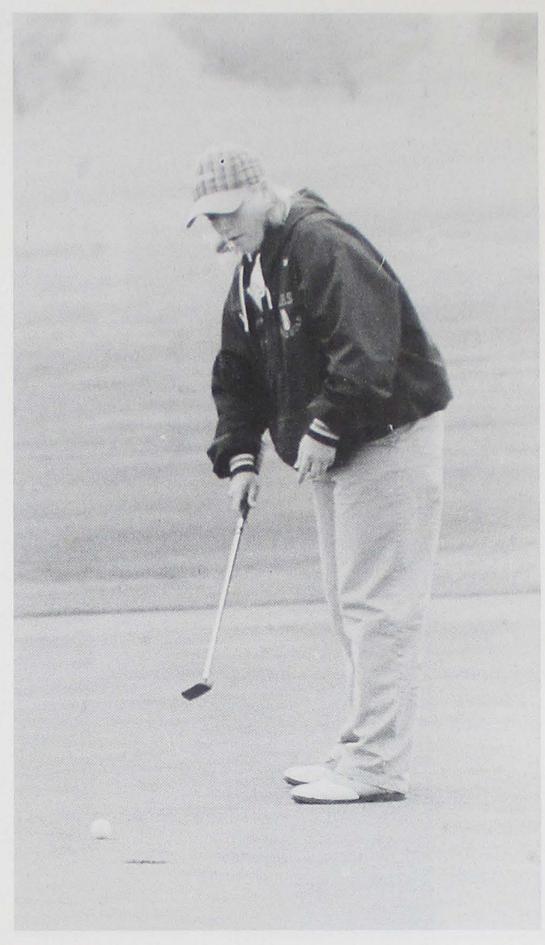


GIRLS GOLF: Front: Betsy Deardorff, Terri Stalheim. Back: Katy Crawford, Holly Hampson, Angela Steele, Stephanie Knop, Melissa Ridnour, Bridget Rhodes, Natalia Deiter, Amy Swank, Kristi Powell, Erin Naeve, Erin Life, Kayla John, Coach Bol Heiberger.



Senior Erin Naeve shows her distaste as her ball narrowly misses the cup. "It was a very frustrating shot," senior Erin Naeve said. (Photo by Jason Rearick)

Senior Kristi Powell follows through after putting her ball hoping that it would drop into the hole. Leaving seniors left openings for more players next year. (Photo by Jason Rearick)





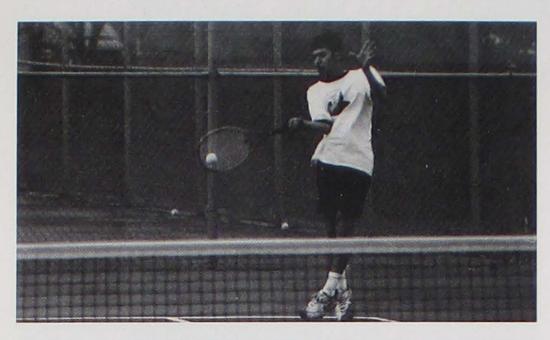
Genior Erin Naeve eyes up her shot before putting at the Country Club. (Photo by Jason Rearick)



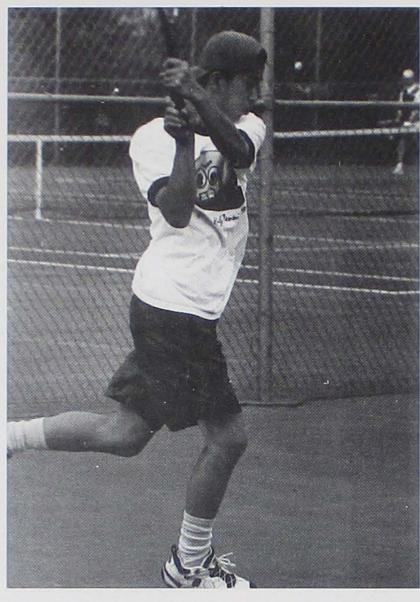
Senior
Amy
Swank
eyes the
ball
after
her
follow
through
when
teeing
off.
(Photo
by Jason
Rearick)

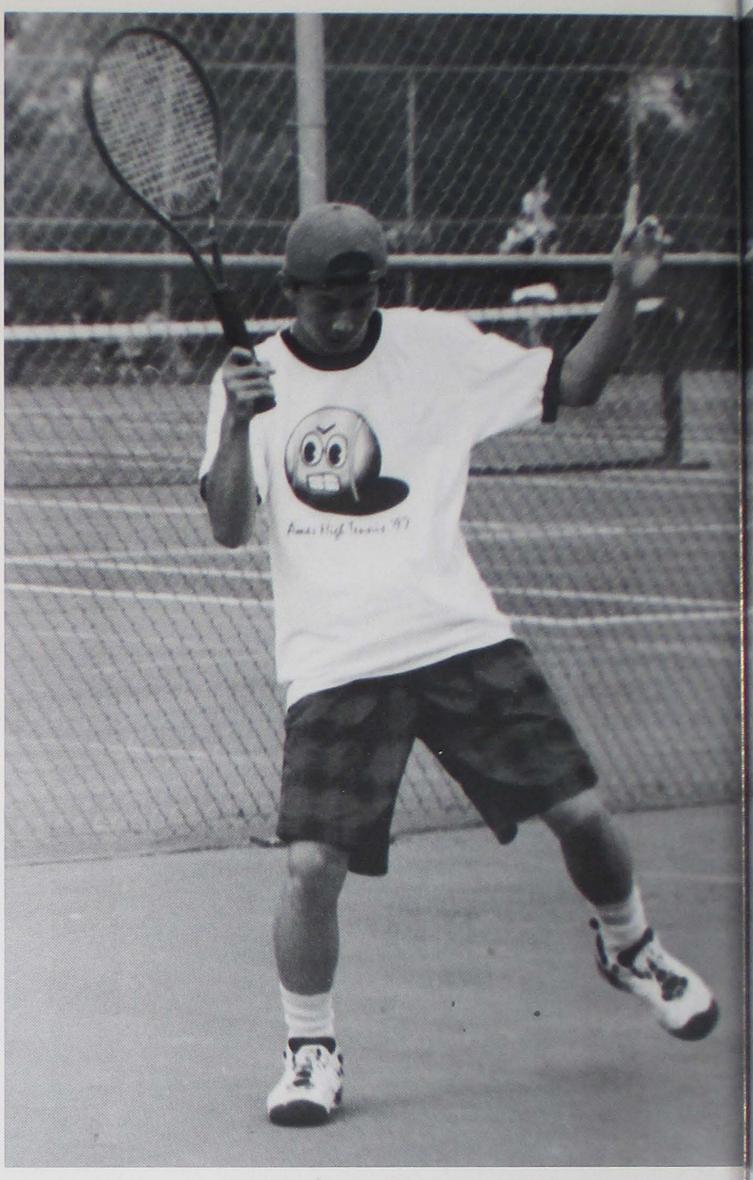
Senior Michael Chang sidesteps into position in preparation for a hit. (Photo by Jason Rearick)

Sophomore Ronindra Mukerjea uses a forearm return to whack the ball back over the net. (Photo by Jason Rearick)

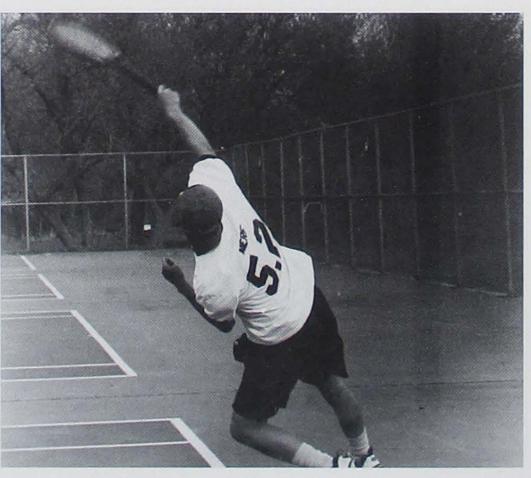


Senior Michael Chang uses a doublehanded hit to rocket the ball at his opponent. (Photo by Jason Rearick)





Senior Michael Chang uses his dangerous overhand serve. (Photo by Jason Rearick)





Sophomore Nathan Long stretches for a high-flying ball. "Anticipating where the ball is headed is a very important part of the game," Long said. (Photo by Jason Rearick)

A State of Mind

Focus and concentration helped the tennis team get down to business and win

by Corey Beck

At the beginning of the season the boys tennis team set some high goals for themselves. And while they may not have met every one of them, they did play well enough to hold their heads high and be proud of their performance.

"The success of our team was due to focus and concentration," sophomore Richard Keeling said. "When we went onto the court in the right state of mind, we always won."

Teamwork was another important factor in the tennis team's performance. Many of the seniors had been playing together for four years, and were very familiar with one another.

"It may be an individual or pair sport, but teamwork is still important to tennis," senior Michael Chang said. "Knowing each other's strengths and weaknesses was a definite advantage when picking match-ups."

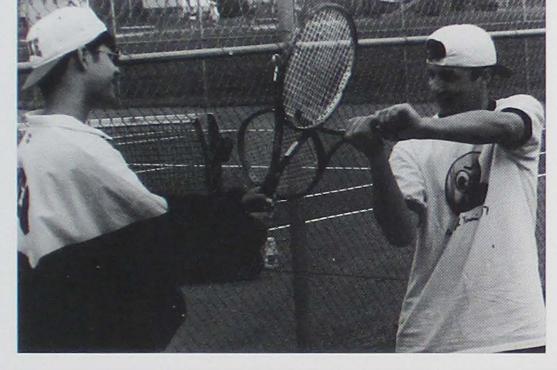
The team found that it was important to enjoy themselves.

"Whenever a member of the team would get uptight, the rest of the team was quick to help them relax," junior Nathan Long said. "It made everyone feel better about the team."

The team had a fun and enjoyable season, which was enough to get most of the members to agree that it had been a success.

Senior Andrew Yee sophomore and Brigham Van Auken take time between matches to duel with their raquets. (Photo by Jason Rearick)

- The boys varsity team won 10 matches to 1 match against East High School.
- The boys varsity team lost 8 matches to 3 matches against Urbandale High School.
- The team won against Fort Dodge High School 6 matches to 5 matches.





he team relaxes in the grass during a meet. "Staying cool and elaxed during meets helped us play better," senior Joey kluzacek said. (Photo by Jason Rearick)



BOYS TENNIS: Front: Andrew Yee. Second: Ki Whoon Lee, Aki Nakagawa, George Hetfield, B.J. Carey, Roni Mukerjea, Kyle Poorman, Wayne Shyy, Patrick Finn, Nathan Long, Joshua Faas. Back: Bjork Hill, Paul Myers, Farhouyd Khosravi, Brigham Van Auken, Jon Titus, David Jeong, Michael Chang, Dan Slutzski, Joey Skluzacek, Erik Guffy, Jon Schroeder.

Courting Success

The girls tennis team strived hard to win the conference and make a mark at state

by Erin Wentworth

A hush falls over the crowd as the tennis player attempts match point. She bounces the ball twice, takes her stance and serves the ball. Her opponent is caught off guard and misses the ball. She has won the match and the game all because of hard work and dedication to the sport.

The Ames High girls tennis team worked hard this year to outwit their opponents with the intent of winning the conference title.

"We had an excellent tennis season this year," senior **Meghann Hunt** said. "The highlight of the season was when we beat Valley for the first time since I have been in high school."

Freshman Ashley Van Auken watches her opponents moves to counter on the next move. (Photo by Jessica Pohlman) Working hard in practices and in lessons paid off for the girls. They also enjoyed all of the support from parents, friends and coaches throughout the season.

"It's been great having a lot of support from everyone," junior **Theresa Nassif** said. "We have worked really hard every day through the whole season. We also have really stuck together as a team, and we enjoy cheering each other on during the matches."

With an excellent season out of the way, the girls began preparation for next year's competitions. All their hard work and enthusiasm created a lasting foundation for the next year.

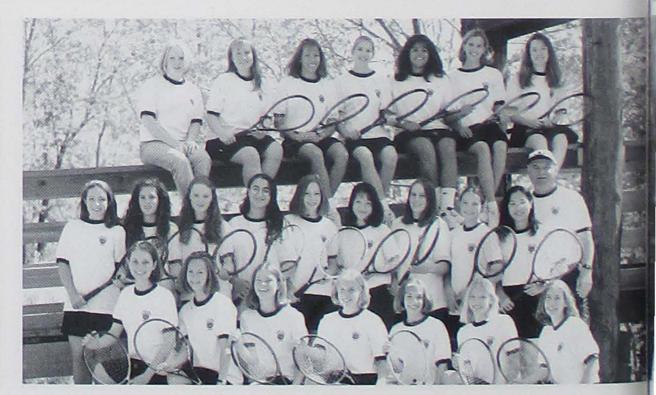




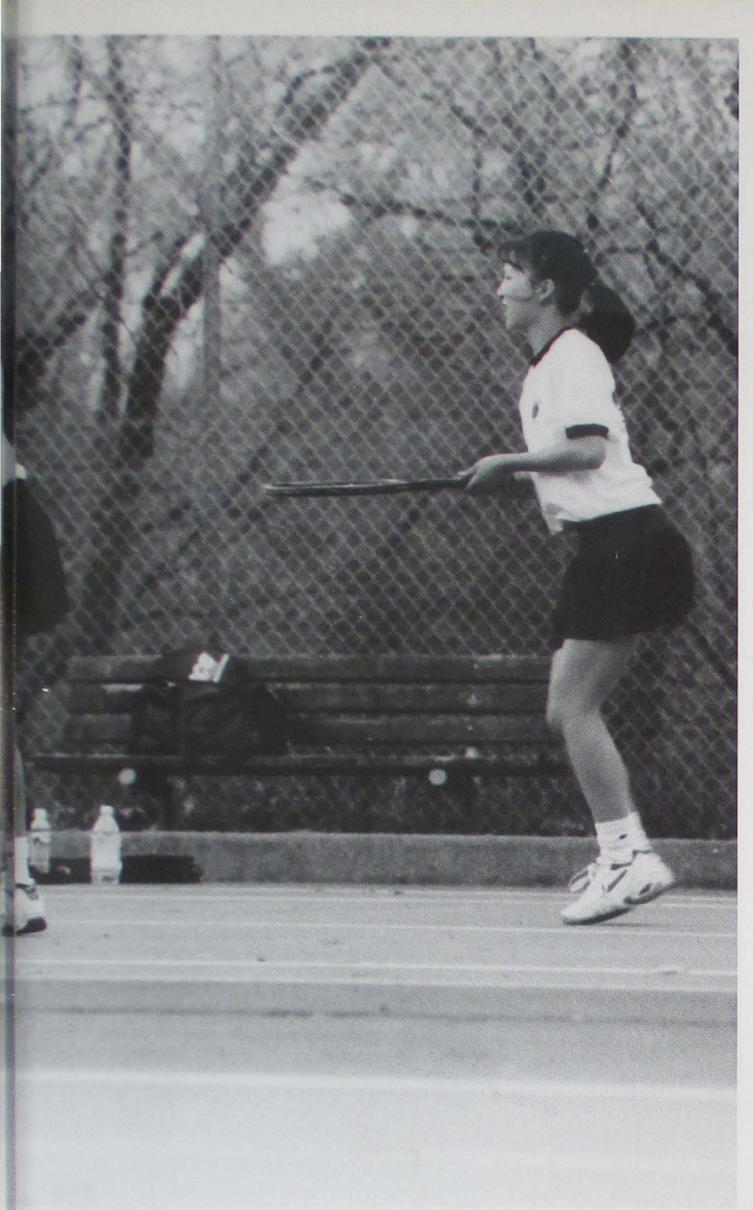
- Conference champions
- Qualified all six singles and doubles teams in the district meet
- Seniors Meghann Hunt and Natalie Carver got second in districts
- Went on to semifinals for state.



Junior Megan Rademacher swings hard at a ball during a tough tennis match. (Photo by Lori Bates)



GIRLS TENNIS: Front: Elizabeth Vogel, Jill Larson, Katie Kearney, Emily Trevillyan, Ashley Van Auken, Morgan Quinn, Kathryn Layment. Second: Theresa Nassif, Naomi Slutzki, Aletia Van Brocklin, Howaida El-Khabiry, Shannon Floyd, Stacey Chung, Megan Sweeney, Agneiska Pate, Carrie Fu, Coach Theide. Back: Carrie Tett. Nicole Theide, Megan Rademacher, Steffi Drewes, Meghann Hunt, Natalie Carver, Naomi Lohr.



Sophomores Shannon Floyd and Stacey Chung wait in anticipation for their opponents next shot. Photo by Jessica Pohlman)

Freshmen Morgan Quinn and Katie Kearney congratulate each other after a good match. (Photo by Jessica Pohlman)





Senior Nicki Theide waits in anticipation for her opponent to hit the ball. (Photo by Lori Bates)



Saiors Meghann Hunt and Natalie Carver celebrate their v tory after a powerful match. (Photo by Jessica Pohlman)



Freshman
Emily
Trevillyan
watches
for her
opponents
return.
(Photo
by
Jessica
Pohlman)

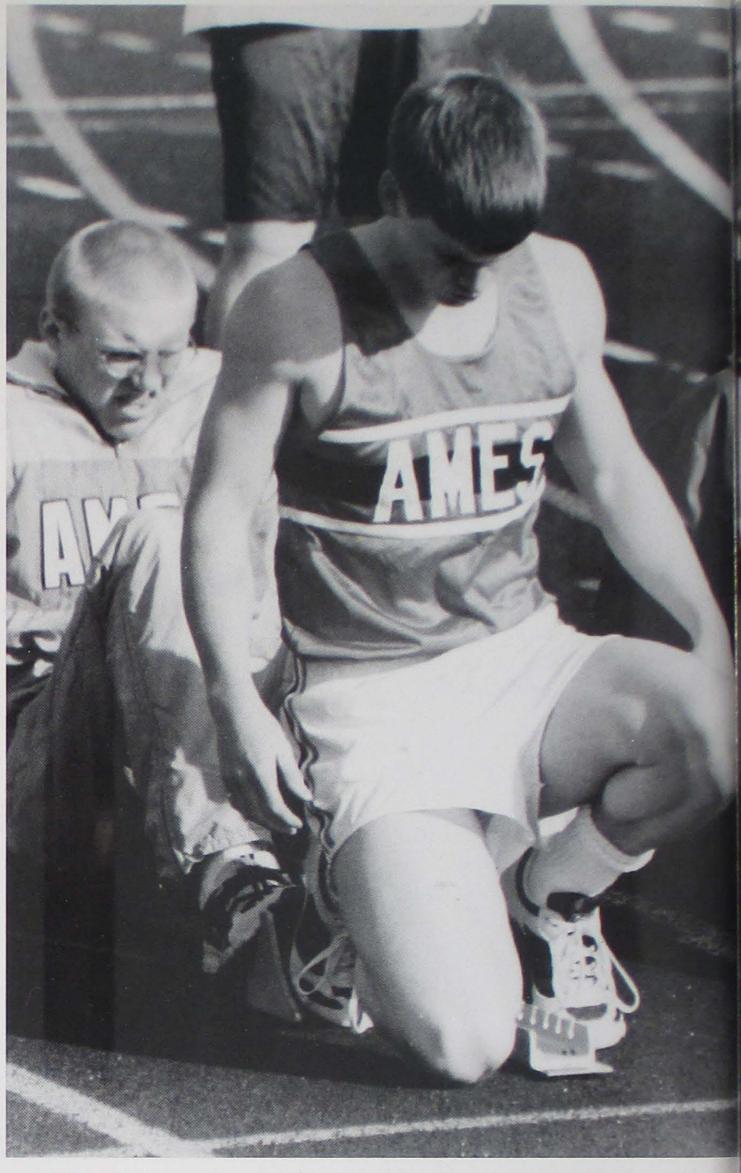
Sophomore Kevin Heiberger concentrates and prepares for his race while sophomore Brandon Neff secures his block. (Photo by Lori Bates)

Sophomore Ryan Paul leaps over the bar in the high jump. "It's a good way to be competitive and also to relax," said Paul. (Photo by Kristen McGeeney)



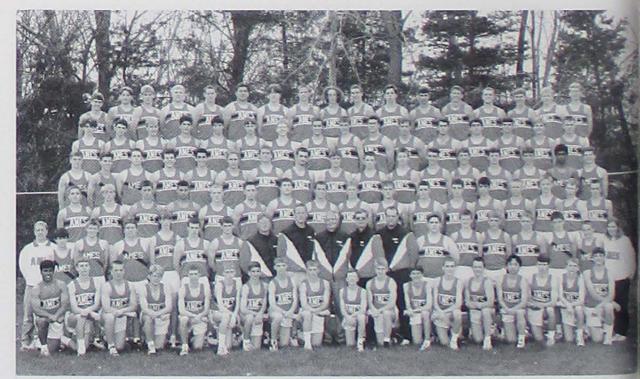
Sophomore Aaron Greving sprints the last 50 meters in the 200 meter dash. (Photo by Kristen Mc-Geeney)





Junior
James
Grant
winds
up and
prepares to
heave
the
shotput.
(Photo
by
Kristen
McGeeney)





BOYS TRACK: Front: D. Roy, J. Hugdahl, A. Penner, M. Nelson, K. Schilling, B. Cheney, R. Newman, A. Webb, B. Jensen, M. Stewart, M. Reger, T. Noxon, Steve Bauer, L. Healy, T. Poon, J. Sedgwick, J. Hallam, M. Huisenga Second: Trainer, B. Stover, B. Wehner, C. Jutting, N. Peterson, C. Moore, K. Heiberger, Asst. Coach Reagen, Asst. Coach Vertanen, Head Coad Jon Sletten, Asst. Coach Pelzer, Asst. Coach Downs, J. Bessman, L. Guthrie, A. Sage, J. Kinley, B. Linahon, T. Hibbing, B. Thomas. Third: J. Netcott, D. Teas, E. Distler, A. Greving, D. Cheney, M. Charter, A. J. Wilson, A. Wagner, S. Manatt, J. Happe L. Deardorff, M. Doran, Z. Keller, B. Neff, A. Hansell, Derek Steelman. Fourth: A. Kohler, C. Nedopil, N. Millsap, A. Stegge, K. Schainker, A. Weiss, N. Hostetter, S. Mandic, D. Johnsen, E. Hallam, C. Staff, T. Hamblin, E. Webber, R. Baeck, C. Manes, K. Marasinghe, J. Clark. Fifth: M. Espeland, M. Miller, M. Anderson, R. Ghaffarzadeh, R. Smalling, M. Gardner, R. Miller, D. Miller, E. Houge, N. Pflug, T. Devens, A. Todd, J. Grant, J. Holscher, A. Otteman, M. Hinders. Back: M. Morrain, B. Grotewold, Y. Parussi-, J. Burrow, B. Antisdel, N. Sailsbury, R. Pyle, D. Murray, A. Ritz, A. Hertz, K. Johnson, R. Paul, K. Belt, S. Stevermer, J. Clyde, N. Ginder, A. Hurt.



Value of Depth

Giving their all day after day paid off for the track team with a third place finish at state

by Kristen McGeeney

The boys track team found a unity that increased the depth of the team. The members of the track team came to the track with different goals and reasons, but the team worked together to have a successful season.

"We had strengths throughout the track team," junior **David Cheney** said. "We also had individual performers. If the individuals did bad, we still had all the other events to bring us back up. That's how we won most of our events. Everyone participated and practiced together, it's one big happy family."

The entire track team spent their after-school hours on the track every day during the spring.

The boys worked themselves hard in every area of track. Their hard work paid off in the meets when the team achieved success that came from all of the individual events. This sense of achievement was enough to keep all of the team working.

"I like the satisfaction of competing that I get from track," junior **Dan Murray** said. "The meets are why I stick with it."

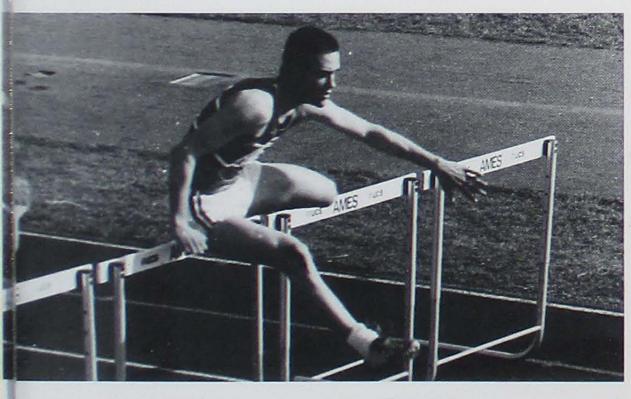
Many enjoyed the simple pleasures of track. They liked the sport, the work, the unity, and everything else that came with it.

To sum up his track experience, senior **Klint Belz** siad, "Track is cool and running is fun!"



Sophomore Courtney Moore takes off from his starting block and begins his 100 meters. "The whole team was very close, and we all had a lot of fun together.," Moore said. (Photo by Lori Bates)

- 104 people finished the season
- Placed third at state
- Third in conference
- Record: 7-2 in scored meets



Sphomore David Miller leaps over a hurdle and races to the finish lie. (Photo by Lori Bates)



Juniors Luke Deardorff and Matt Miller try to overcome a runner from Newton in the first 100 meters of the 200 meter dash. (Photo by Lori Bates)

Bittersweet

Another successful season saw the girls win conference and get third at state

by Zach Keller

Can you say domination? I knew that you could. G-I-R-L-S T-R-A-C-K. It's been ten years since they had lost a regular season meet, and last year marked their eleventh straight conference title.

One thing the coaches relied heavily upon, was the balance and depth of the squad. Many of the girls found themselves running in unfamiliar events, as the lineups were constantly shuffled to get whatever edge was necessary to win the meets.

"I don't think teams expect us to enter in events the way that we do," junior **Tolu Fadeyi** said. "I think that's a big factor in determining the outcome of the meets.

Comraderie between teammates went a long way for the team. Just hearing fellow teammates cheer helped ease the pressure and the pain.

"Knowing that the other girls believe in you helps make you mentally tough," junior **Trisha Dau** said. "We're each others biggest supporters-like one big fan club."

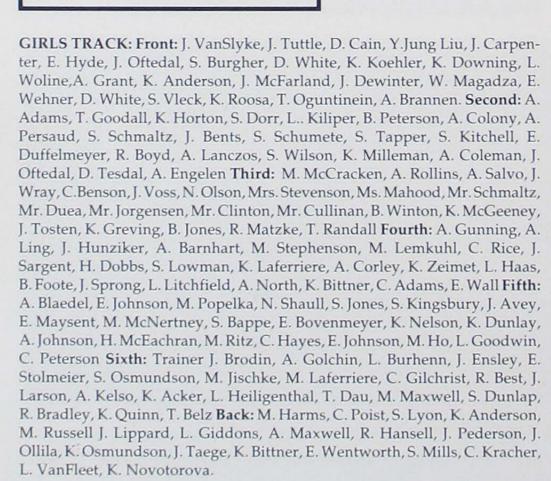
To the victor, goes the spoils- something they've become used to.

"We've had a lot of success, and hopefully we'll have a lot more of it to look forward to in the years to come," sophomore **Lindsay Heiligenthal** said.

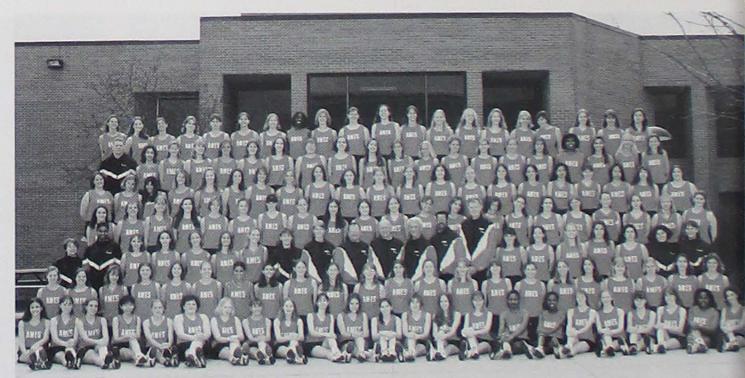
Facts & Stats

- Conference champs
- Third at state
- Three records broken: 100m hurdles
 - 4x200m relay
 - shuttle hurdle relay
- District champs

A group of stand on the infield during a race and cheer for the runners. Encouragement and support were always a welcome gesture. (Photo by Jason Rearick)









Sophomore Erin Maysent is the first to the finish line as she breaks the tape in the 200m dash at a home meet. (Photo by Jason Rearick)

Sophomore Mary Russell competes in the 3000m run at the Little Cyclone Invitational. (Photo by Jason Rearick)





A pack of girls run in the 3000m event which is usually one of the first running events. (Photo by Jason Rearick)



Senior Erica Wehner and sophomore Emily Duffelmeyer run stride for stride during one of the home meets. (Photo by Jason Rearick)



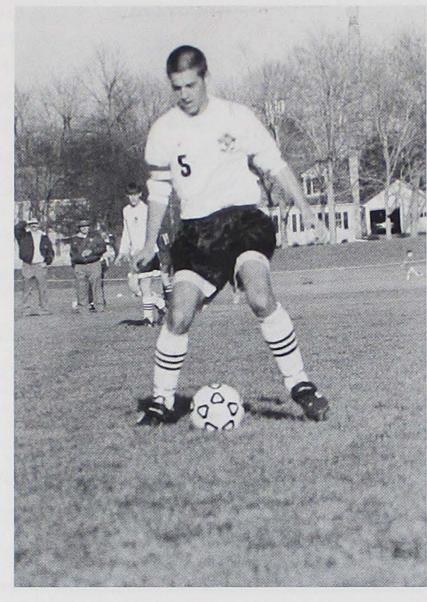
Freshman
Jennifer
Taege
strains
to clear
the bar
during
the high
jump
event.
(Photo
by Jason
Rearick)

Junior Ethan Dunham hits the ball with his head during a varsity game. (Photo by Jason Rearick)

Senior Jason Foster passes the ball to a teammate. "Even though our season didn't look too promising at the beginning by the end of the season we had really come together as a team. Nice," Foster said. (Photo by Jason Rearick)



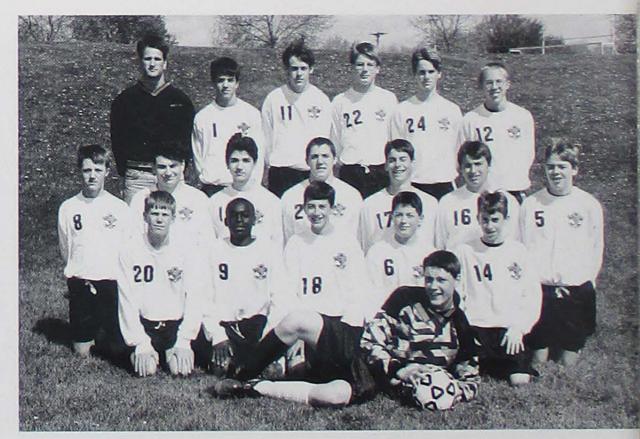
Senior
Kyle
O'Riley
keeps
the ball
under
control
while
moving
it up the
field.
(Photo
by Jason
Rearick)





Three
Ames
players
try to
block
the ball
from
going
into the
goal.
(Photo
by Jason
Rearick)





FRESHMAN SOCCER: Front: Mike O'Connell. Second: Mark Poist, Jomo Johns, Giles Slocum, Dylan Martine John Haas. Third: Steven Johnsen, Andrew Kingsbury, Merit Akinc, Ryan Hutchison, Ben Wendall, Tim Distle Ryan Jordan. Fourth: Coach Chris Ollila, Stephen Goldman, Larry Koffman, Matt Mize, Ryan Gleason.

Coming Together

Developing teamwork and unity was an essential goal for a new boys soccer team

by Lori Olson

A new coaching staff and new players gave the boys soccer team a whole new style this season.

Working together as a team was the hardest challenge for the athletes. New players meant less experience on the field.

"We have a really young team this year, and some of haven't had much varsity experience," senior Matt White said.

Most felt that the team's only major weakness was the lack of group coordination. While the individual players were some of the most skillful in the state, the inability to work together as a team nullified the players' individual abilities.

"We have a lot of individuals on the team, but no team spirit," sophomore **Bobby Myers** said.

The players put much effort into trying to develop a sense of unity. One method was freshman initiation, where the veteran players inducted the new players onto the team through a difficult rite of passage.

"The season has been good, except for the initiations when they threw us in puddles with only shorts on in 20 degree weather," freshman **Curt McGeeney** said.

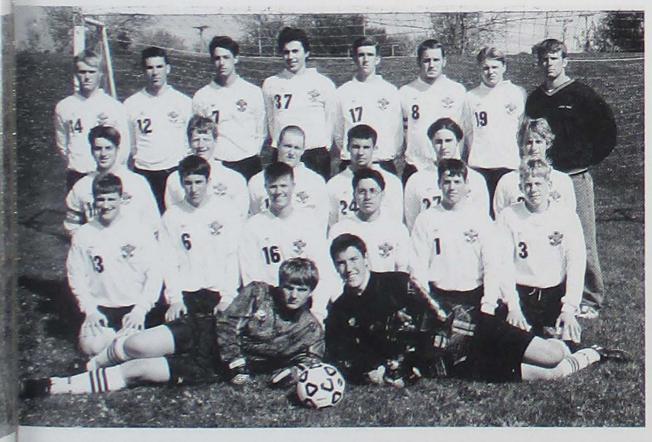
Despite a disappointing loss at conference, the team was pleased with the progress they made throughout the season.

Freshman Curt McGeeney tries to steal the ball during the team's game. (Photo by Jason Rearick)

Facts & Stats

- Varsity record 11-3
- JV record 7-10
- There were 40 players on the JV and Varsity team





V SOCCER: Front: Seth Redmond, John O'Connell. Second: Jamie Kearney, Curt McGeeney, Garrett Burrier, san Navas, Jonathan Hoyt, Ben Janke. Third: Dan Braun, Kevin Huls, Ben Heinen, Travis Cardwell, Joe Ward, J Drake. Fourth: Nick Mabe, Jeremiah Schultz, Anthony Hartman, Karl Dyszinsky, Bryan Hansen, Dusty Veitzel, Chad Norlin, Coach Matt Hockett.



VARSITY SOCCER: Front: Jon Mowers, Ankur Amin. Second: Bobby Myers, Kevin Wilson, Lucas Lashe, Zach Hernstadt, Brent Fogarty, Dan Zimmerman. Third: Andy Craig, Adam crumpton, Benton Veverka, Matt White, Joe Mowers, Nate Jones. Fourth: Coach Chris Ollila, T.J. Downs, Jason Foster, Ethan Dunham, Kyle O'Riley, Jamie Thieland, Tim Sexton, Coach Matt Hockett.

Sports 103

Tattoos of Glory

Enduring pain and fatigue, the team pools their talents to give them an edge

by Lori Olson

With both inexperienced and veteran players on the team this year, the girls soccer team had a variety of skills to call upon. This variety gave the team an edge over most of their competitors, so expectations were high.

"We are hoping to do better than we did last year when we were co-conference champions," senior **Beth Orning** said. "We expect to be the conference champions this year."

With over 125 players on 3 squads, the team was definitely not short on players, talent or enthusiasm.

"Even though this is my first year out, the team and the coaches are really supportive of everyone on the team," sophomore Jessica Ensley said.

With so many people out for the team, many of players developed friendships with people they had never had a chance to meet anywhere else.

"It's great to be with all the nice people," freshman Jen Oftedal said.

Hard work and the ability to endure gave the team another edge over many competitors. The players were willing to endure pain and fatigue to accomplish the team's goals.

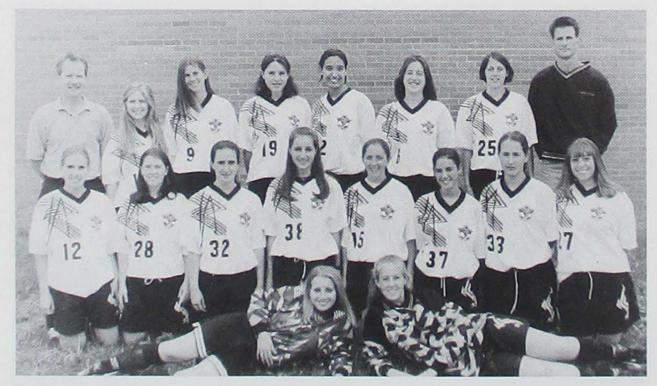
"Bruises are temporary tattoos of glory," freshman Kari Laferriere said.

Facts & Stats

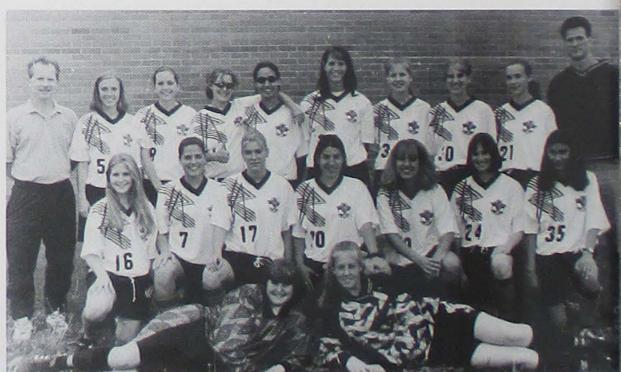
- 125 girls played on the team
- The team consisted of three squads: a varsity squad and two JV squads

The soccer team cheers for their teammates during a game. Team spirit was a big part to the success of the team. (Photo by Lori Olson)





GIRLS SOCCER: Varsity: Front: Carrie Shupp, Lori Bates. Second: Jennifer Peyser, Elisabeth Hoyt, Beth Orning Brenda Jones, Carianne Boullion, Katie Doyle, Anila Persaud. Back: Coach Grahm, Erin Maysent, Tiffany Belz, Leah Haas, Liz Schultz, Julie Ollilla, Lisa Smart, Lindsay Heiligenthal, Jill Lippard, Coach Ollilia.

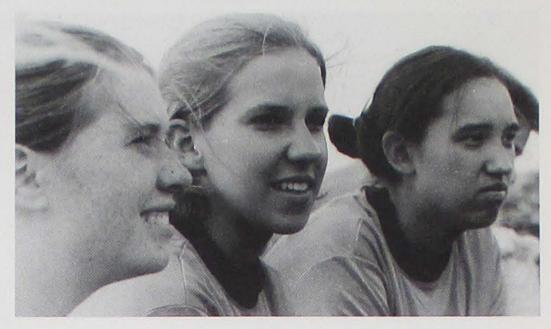


GIRLS SOCCER: JV A: Front: Jessica Pohlman, Lori Bates. Second: Danielle Cai Brandee Graham, Hannah Dobbs, Rachel Best, Jessica Bents, Abigail Brannan, Er Peiffer, Amanda Sally. Back: Coach Grahm, Jennifer Peyser, Christine Poist, Shel Vance, Liz Schultz, Sarah Kitchell, Jenny Norris, Coach Ollila.



Senior Jennifer Peyser keeps the ball under control, while looking for a teammate to pass to. (Photo by Lori Bates)

Freshmen Danielle Cain, Brandee Graham and senior Liz Schultz watch a game. (Photo by Lori Bates)





Junior Elisabeth Hoyt waits for the ball during a game. (Photo by Lori Bates)



GIRLS SOCCER: JV B: Front: Jessica Pohlman, Charise Maldonado. Second: Kari Laferriere, Stacie Lohman, Alyssa Sally, Jessica Larson, Michelle Maxwell, Jennifer Oftedahl, Pornpim Wongwatcharadumrong. Back: Coach Grahm, Dawn Tesdall, Melissa Laferriere, Jessica Ensely, Christy Rippey, Sam Mills, Willa Fisher, Emilie Wall, Emily Kell, Coach Olilia.



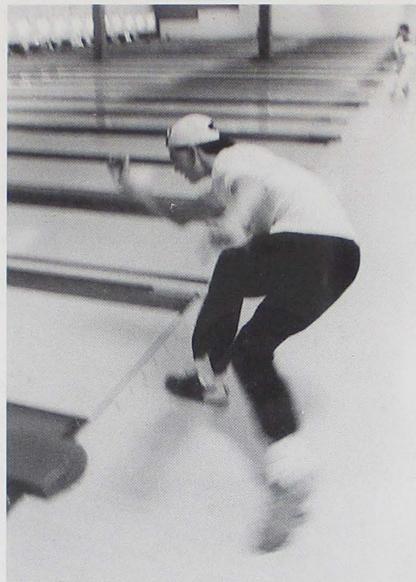
Sophomores
Lisa
Smart
and
Hannah
Dobbs
run up
the
field.
(Photo
by Lori
Bates)

Senior Stephanie Wiegand takes form as she prepares for her throw. One of the nice things about intramural bowling was that there was a good mixture of both male and female participants. (Photo by Jason Rearick)

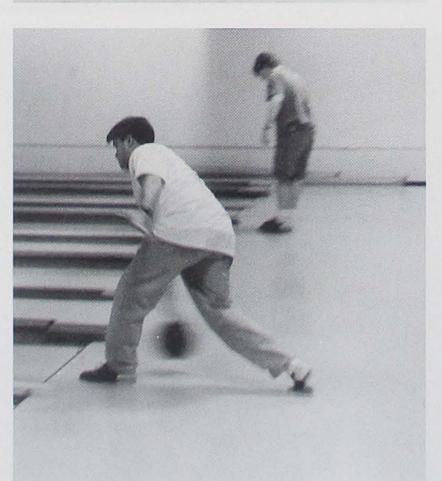
Junior Brian Taylor releases the ball in mid-form action. Every student involved had their own unique form when throwing the ball. (Photo by Jason Rearick)

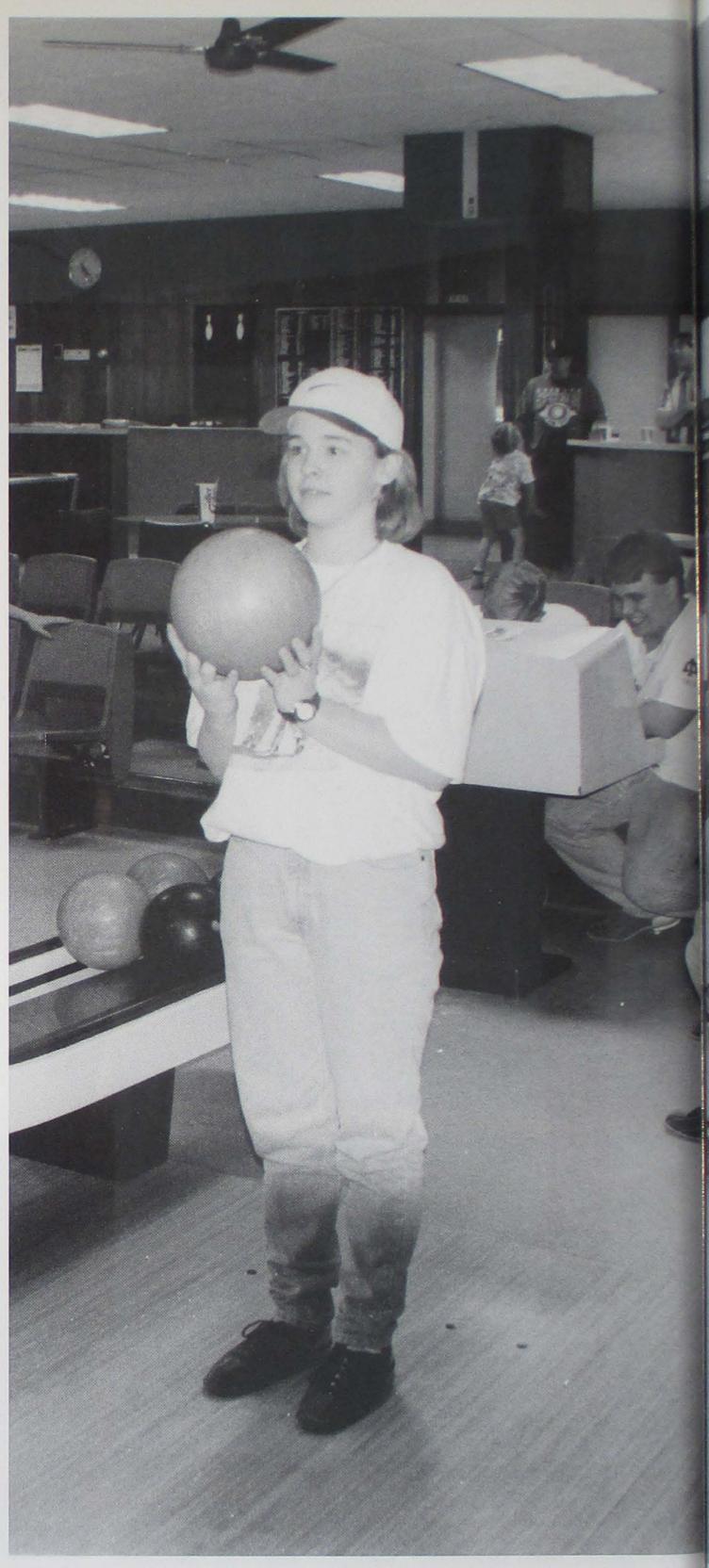


Junior Chris Devine is captured during a throw at intramural bowling. (Photo by Jason Rearick)



Senior Eric Auge goes for the strike during a weekly game of bowling. (Photo by Jason Rearick)





Bowled Over For fun and relaxation, students looked to intramural bowling by Andrew Brodie IA That's the best way to unwind while hang "Intramural bowling is really a lot of the state of the state

What's the best way to unwind while hang ing out with friends...no one knows for sure, but intramural bowling was a popular method for many. After all, what better way to relieve stress than by knocking down pin after pin?

"Intramural bowling was a good way to escape school," freshman **Justin Brodie** said. "It was much better than doing homework."

Intramural bowling was started due to a strong student interest in having school sponsored bowling, and that interest continued to grow. There were about twenty teams who bowled every Tuesday for a two month time period.

"Intramural bowling is really a lot of fun," junior **Kyle Youngberg** said.

A number of the students involved in intramural bowling also bowled outside of school in various sanctioned leagues. For them, bowling was more than just a way to pass time after school.

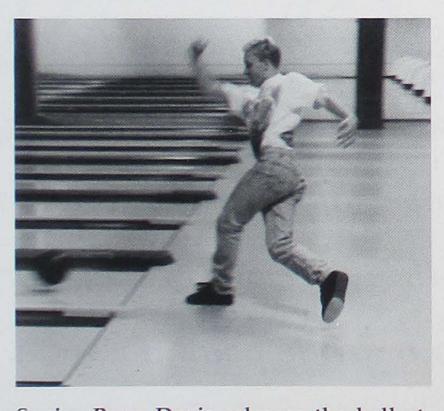
"Bowling is really cool," sophomore **Sam Miller** said. "Besides intramural bowling, I also bowl in a league and on the AHS bowling team. Afterall, real men bowl...not play football."

Intramural bowling was once again a big success, and an activity that will no doubt remain popular in future years.

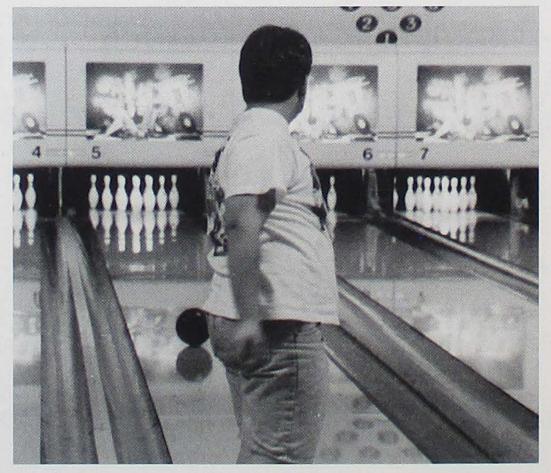
Senior Ryan Davis takes a break while enjoying an afternoon of intramural bowling at Twentieth Century Bowling. Students enjoyed bowling every Tuesday afternoon with fellow students. (Photo by Jason Rearick)

Facts & Stats

- •Lasted for two months every Tuesday afternoon
- Twenty teams involved
- Approximately sixty students participated



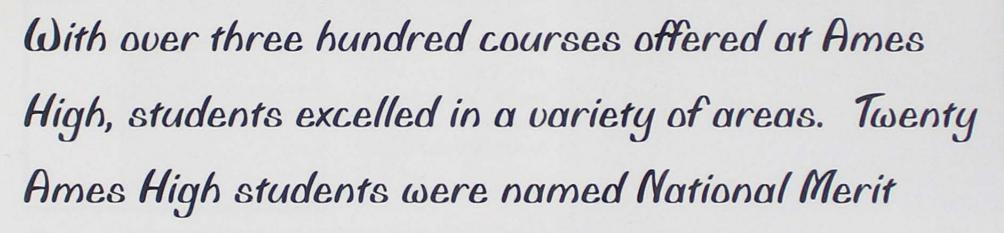
Senior Ryan Davis releases the ball attempting the perfect form during a Tuesday afternoon of intramural bowling. (Photo by Jason Rearick)



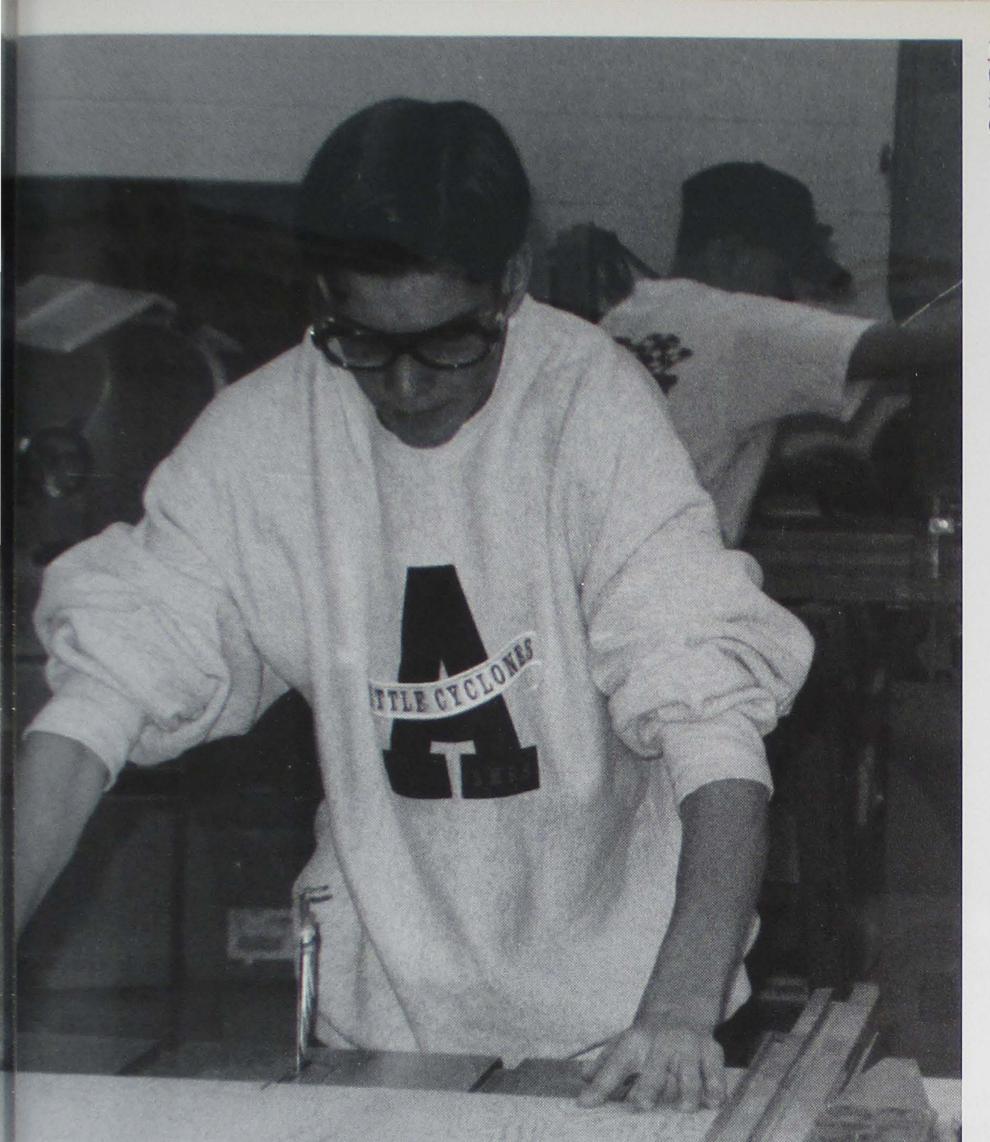
Senior Andrew Albaugh eyes the pins as he awaits the outcome of his throw. (Photo by Jason Rearick)

Students view the art show featured during Fine Arts Week. (Photo by Jason Rearick)





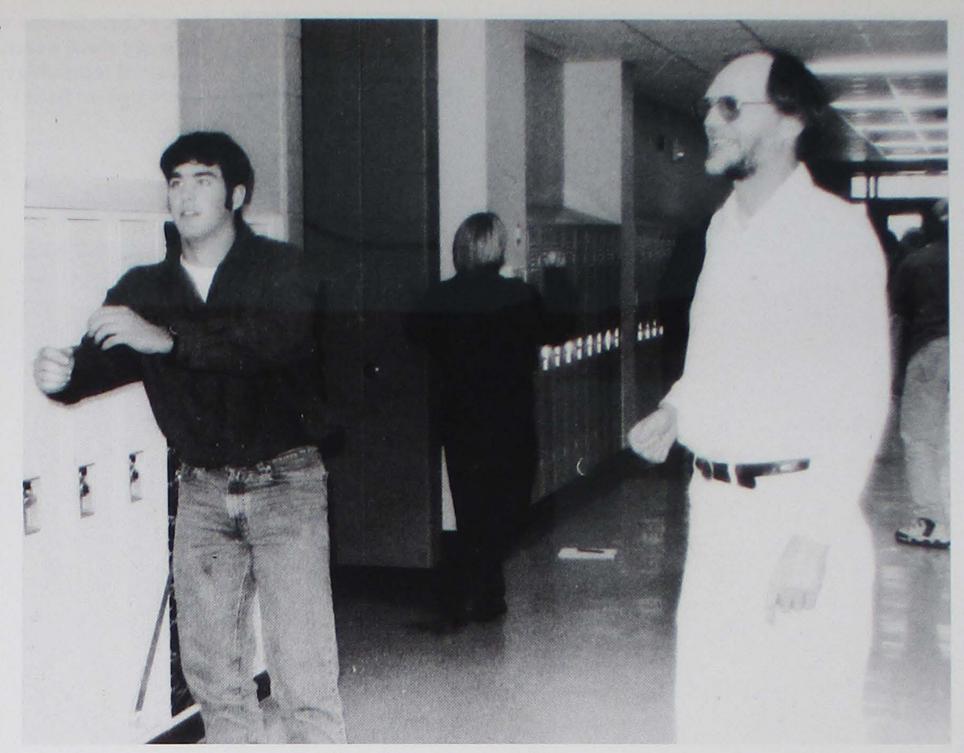
Semi-Finalists, the most since 1975. All carried on the tradition of becoming finalists. Other accomplishments included naming three seniors as Presidential Scholars and awarding nineteen gold keys to art students. Two hundred and twenty-three juniors and seniors received academic letters for mantaining a 3.5 grade point average. Students, not just those recognized, strived to find their strengths and overcome their weaknesses to attain academic success.



Junior Chris Devine works in the wood class, a section of the industrial technology program. (Photo by Lori Bates)

Getting Our Feet Wet Academics - 109

Junior Adam Todd prepares to catch a ball during a physics experiment. Students were studying the velocity of a tennis ball. "I was too fat to ride Mr. Petersen's hovercraft, so I got stuck playing catch," Todd said. (Photo by Lori Bates)



WORLDS APART?

Students and teachers get used to each other

By Zach Keller

Have you ever sat in the backrow of a class staring at a clock that you could swear was moving backwards? Everything around you is moving...... in slow motion. Many students, however, found a class or two that they really enjoyed.

"I like Mr. Forssman because he has cool eyebrows," junior **Chinmoy Panigrahy** said. "You aren't going to put that in your story, are you?"

Students tended to like things that were a little out of the ordinary, and a class with social studies teacher Mr. Uetz was certainly not an exception. "My classes tend to be more free-flowing and random," **Uetz** said. Uetz describes his classes as "unorthodox" and "a little scattered."

To relieve the monotony and drudgery that school could often bring, students were grateful for classes that

Teaching is the best education in the world, it's fantastic.

Mr. Forssman

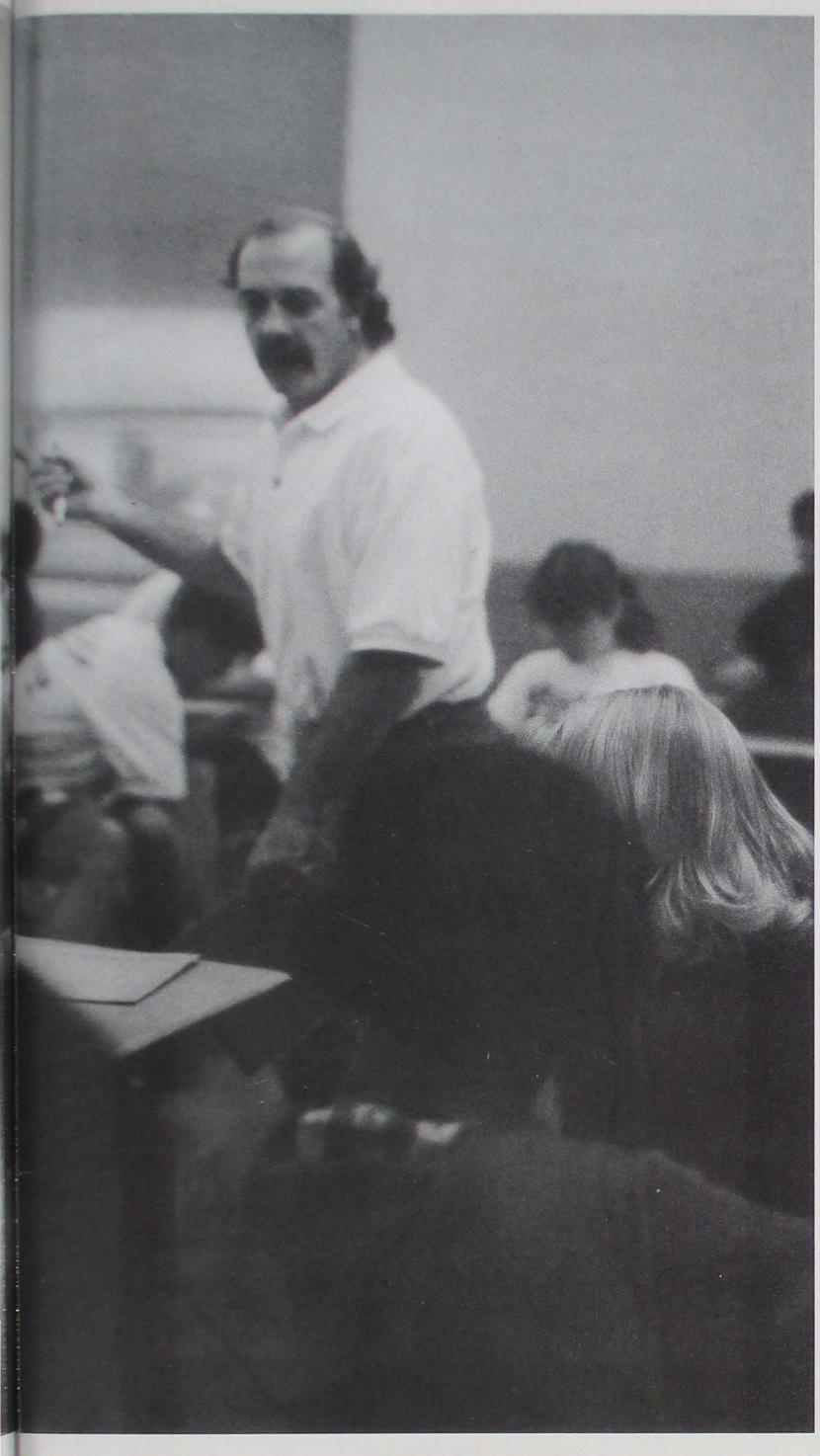
was a break from the everyday routine.

"I like teachers who are happy doing what they do. They care about their students and enjoy their job," senior **Austin Woodin** said.

Students weren't the only ones who benefited from it, however. This seemed to be equally rewarding for the teachers as well.

"Teaching is the best education in the world. It's fantastic," Mr. Forssman said.

It was this endless quest of meaning and significance for which we began everyday at 8:00 a.m.



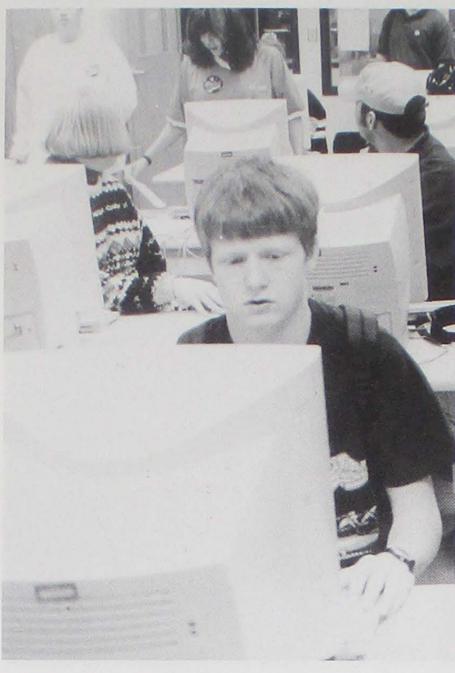
Science teacher Mrs. Svien explains a graph to her physical science class. "I want students to feel like they've accomplished something in my class," Svien said. (Photo by Lori Bates)

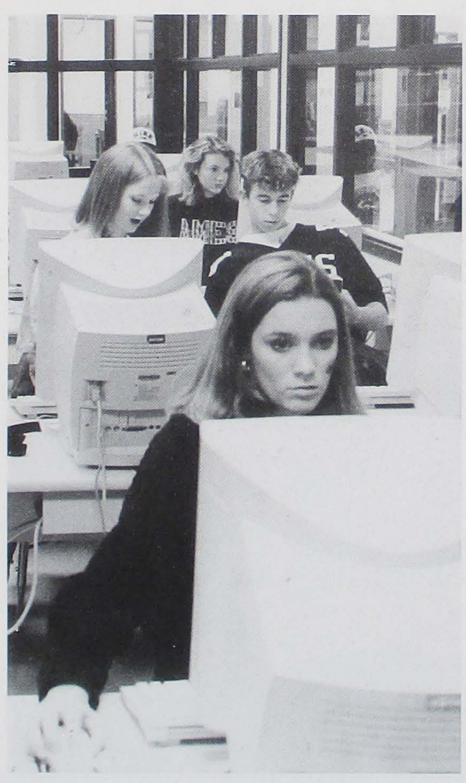


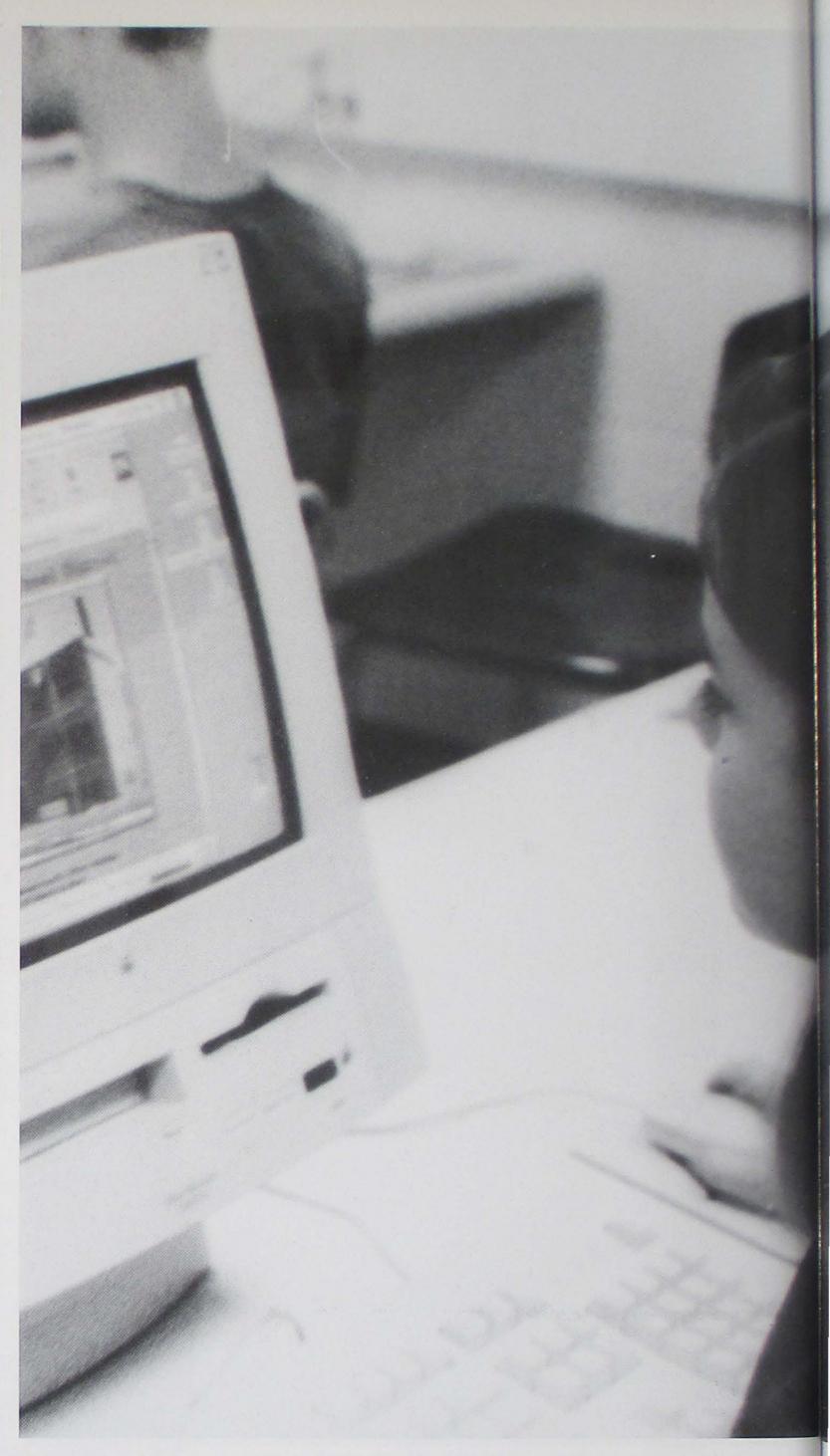
ocial Studies teacher Mr. Uetz explains an important issue to a ew students in homeroom. "O.K., ornadoes usually come from this irection," Uetz said. (Photo by lisabeth Hoyt) Senior Jon Crawford eyes a burning test tube in his chemistry class. High temperatures and dangerous acids were commonplace in this class. "Chemistry is great, especially working with Natalie Carver," Crawford said. (Photo by Vanessa Kuo)

Academics 111

Junior Josh McGee surfs the internet checking final game scores. The internet offered many sites to get the latest sports information. "I like to check the sports scores," McGee said. (Photo by Lori Bates)







Senior Emily Harris researches a paper in the Media Center computer lab. Anytime of the day before and after school the lab was busy with students looking for information. "I get on the net to research essaays and papers," Harris said. (Photo by Lori Bates)

Junior Jody Logston spends time in the computer lab. The Ames Community School District's page was commonly visited. "It's fun to learn about the teachers," Logston said. (Photo by Lori Bates)

112 Internet



Freshman Karleen Weitzel explores the web looking for joke pages. Students commonly used the web for entertainment. "I like to find comedy pages," Weitzel said. (Photo by Lori Bates)

MAKING A CONNECTION

Plugged in, logged on and hooked up

By Ross Wirth

fter fifteen years of growth with an approximate user base of 40,000,000 computers, the Internet arrived. The net had many uses, including news, sports and stocks. People used the internet to learn about new things and gain new experiences.

"I like to look at the art stuff because it's cool and you can print it out and color it," senior Ally Rippke said.

Other students at Ames High used the net for their school work or just to have tun.

"I get on the web to research homework," freshman

Jeff Christian said.

For each of those computers there 40,000,000 was an average of 2-3 users, so it is a waste of phone line time." it is a surprise that not everybody has access.

the internet much," junior Erin

I get on the web to research homework assignments."

Jeff Christian

Rollenhagen said. "We have a modem, but my parents won't let me use it because they think

Other students at Ames High used the internet to build "I don't really get on relationships and meet new people.

> "I get on the net to talk to people in chat rooms," sophomore Keary McHugh said.

The internet is a learning tool that will grow and change as more people become connected. The internet drastically will change the way that people look at computers and technology.

Junior Tonya Goodall works on her Algebra 2 homework in the Junior/ Senior room. The Junior/ Senior room was commonly filled with students during their free periods. (Photo by Lori Bates)



REST AND RELAXATION

Students took a break from the rigors of school work

By Ross Wirth

Stress was a large part of many students' lives. While some were able to ignore it, others had to confront the stress of schoolwork.

Confronting stress wasn't always easy. The buildup of stress pushed many to release their frustrations on those individuals who were unfortunate enough to be near them. Fortunately, some students took the unusual method of relieving stress through meditation.

"Meditation works pretty well just as long as I don't freak out and have a screaming fit at my friends like I did when I got an 89.4% in algebra, and I almost strangled this one guy. I felt really bad about it," sophomore **Lisa Homstad** said.

Other students tended to use stress relief as a means of becoming more relaxed and at peace with themselves.

Simon songs while I'm drivin' around.

Nick Propes

"I sing Paul Simon songs while I'm drivin' around," senior **Nick Propes** said.

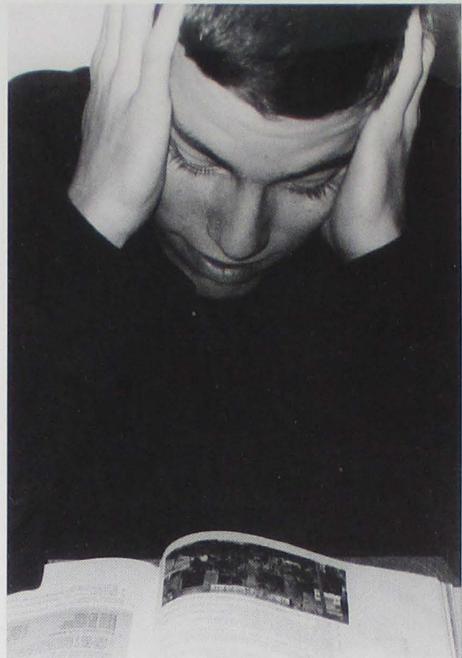
Singing was not the only form of assistance that music gave to students trying to relieve their stress. Some enjoyed listening to their favorite bands.

"Itake naps listening to Pink Floyd albums, or I clean my room. I also kick some booty in Taekwondo workouts," senior **Joe Stansbery** said.

All students, no matter how busy, found time to relieve their stress, and each found the method that worked for them and stuck with it.



Senior Christoph Nedopil takes a break from studying Spanish during one of his free periods. Students in foreign languages were often occupied with daily homework. (Photo by Lori Bates)





Junior Sarah Foderberg double checks her math answers in the Junior/Senior room. Math classes were some of the most stressful classes taken by students. (Photo by Lori Bates)

uniors Emily Stolmeier and Kelly Hallihan and sophomore Ben totewald pass time in the courtrd. Students often took advantge of the courtyard during good teather. (Photo by Lori Bates)

Sophomore Katia Novotorova, junior Paula Goyeneche, junior Sofia Mosesova, and sophomore Sam Wong group in front of one of the numerous shops that sell reproductions of Renaissance style clothes. (Photo by Caity Birmingham)







Luniors Holly Hampson, Ashley Elston, and Jane Chang stand in front of the Tower of London. It was one of the many sights the group saw on the trip. (Photo courtesy of Ashley Elston)

Junior Margo Levine studies one of the Impressionist paintings found in the Chicago Art Museum. "The Impressionists Paintings created the most impact on my thinking," Levine said. (Photo by Kristen McGeeney)





Juniors Tanner Beck and Aaron Ritz study a painting. Many students enjoyed the time spent at the museum looking at the paintings they had studied throughout the year. (Photo by Kristen McGeeney)

AN EXPANDED VIEW

Students traveled and learned about the places they went

By Kristen McGeeney

any students picked I their classes wisely, choosing those that included the option of trips. Or they took advantage of trips to places such as England or to Minnesota for the annual Renaissance festival. Through these trips, the students were provided the opportunity to learn outside of the classroom.

The art department and the students in the AP Western Civilization classes took a trip to Chicago every year to view art in The Chicago Art Institute.

"Between the Renoir, the psycho-man, and the Blues Brothers, Chicago was a very

enriching experience," said junior Neda Golchin.

Every year in the fall, a group of students traveled to Minneapolis for the Rennaisance Festival. It enabled the students to experience a different time in history.

> Chicago was a very enriching experience. ""

Neda Golchin

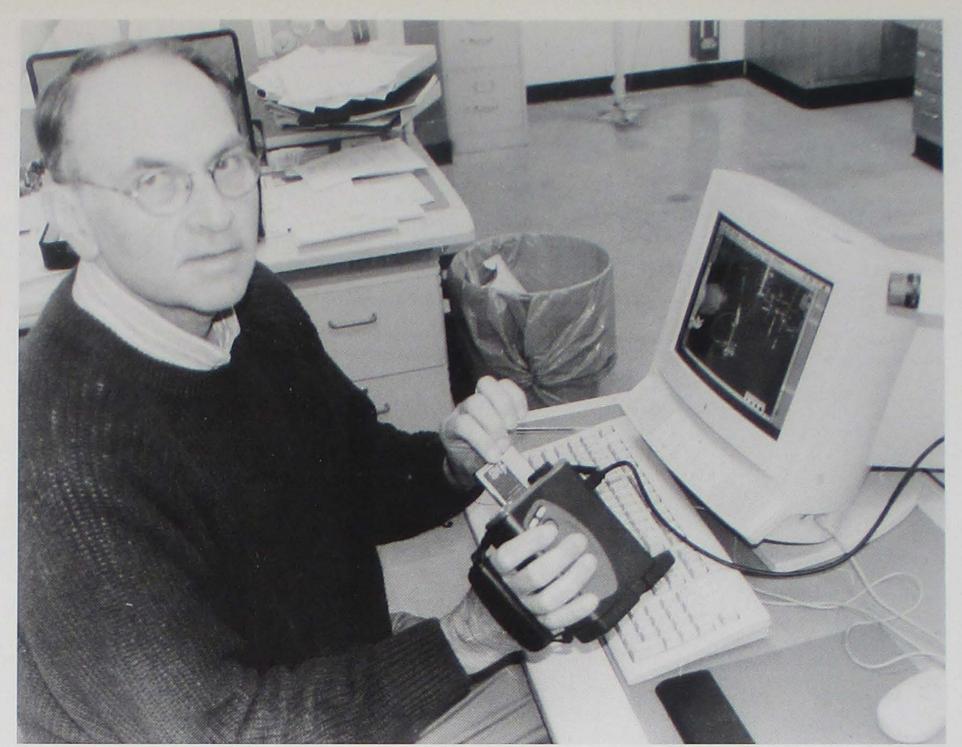
"The Renaissance Festival was great! I bought too much, ate too much, and walked too much,"said sophomore Lisa Van Deusen. "But hey, there is no such thing as too much of a good thing,"

The England, Ireland, and Wales trip occurred the week of Spring Break and included London, Stratford, Wales, Dublin and sights in southern

Ireland.

"We had a lot of fun and learned a lot about everywhere we went." junior Ashley Elston said. "The people from the other groups were great and I can't wait to go back again."

Mr. Hartman, who teaches chemistry, prepares to save data from one of his network video sessions over ICN. (Photo by Jason Rearick)



HI-TECH EDUCATION

Ames High School continued to move forward

By Andrew Brodie

With the massive growth of the Internet and rapidly advancing technology, school curriculum continued to implement more and more hi-tech tools into the classroom.

One of these tools, the Iowa Communication Network, or ICN for short, proved to be popular among students. The ICN allowed two-way video and audio connections between different ICN centers.

"I think the ICN is great," senior **Chris Tomlinson** said. "We got to talk with students from different schools and see what their opinions were."

The ICN was a high speed, fiber optic network, which had network locations throughout the state. It was used for classroom interaction, as well as for teaching classes via the network. The ICN was primarily used in chemistry classes, but

"We work hard to keep our curriculum hi-tech."

Mr. Hartman

there were plans for expansion to other areas.

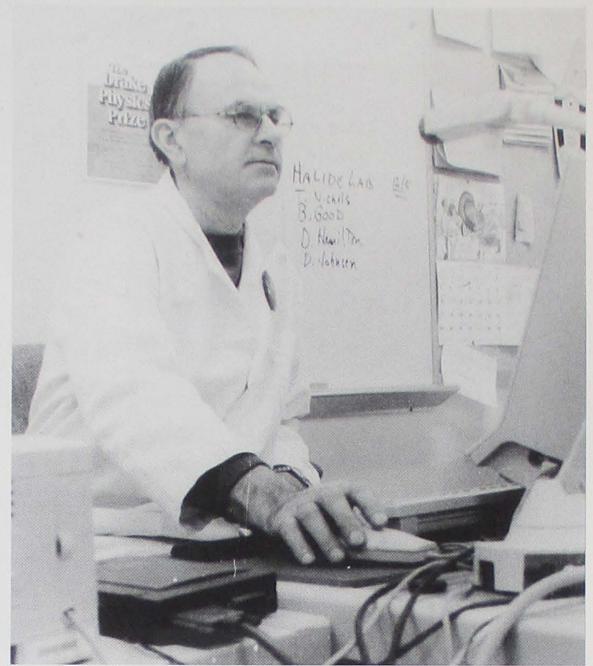
"I really liked using ICN, because it allowed us to get many points of views from other schools," senior Carrie Tett said. "It allowed us to compare our thoughts and ideas with others."

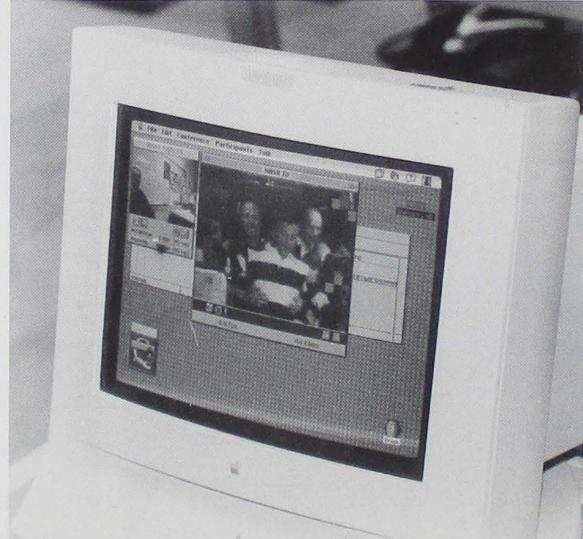
Internet access also continued to be a popular choice with students. It was used not only for class research, but for personal use as well.

With a technology grant in place for continued improvement in the curriculum, Ames High is sure to stay on top of hi-tech education.



Tr. Hartman engages in a network video session. The camera is positioned at the side of the computer. "The ICN is a popular choice with students and there is plans for future expansion," Mr. Hartman said. (Photo by Jason Rearick)





r. Hartman conducts an experiment in his chemistry class. The piece of equipent on the table is a video camera used for deo transmissions over the network. (Photo Jason Rearick)

Here is a great example of what is displayed on the computer during a network session. One window displays the incoming video, while another displays the video you are sending. (Photo by Jason Rearick)

A group of freshmen prepare for an earth science final. Reviewing with a group of friends made studying for finals less painful. (Photo by Jason Rearick)







Students concentrate on their finals. Students were given 90 minutes to complete their test. (Photo by Jason Rearick)

Junior Carl Dyszynski intently studies for one of his finals. Students used whatever free time the could find to prepare for their tests (Photo by Jason Rearick)

120 Semester Tests



Students
took advantage
of the
time
teachers
gave in
class to
prepare
for finals.
(Photo by
Jason
Rearick)

CRUNCH TIME

As the end of the semester approached students realized the effects of finals

By Ross Wirth

Finals were generally a big part of all students' lives at Ames High, this year was no exception. Some students felt that finals were a good thing and should remain the same in terms of semester grading.

"I think finals are good because they prepare you for college life," said sophomore **Shawne Kingsbury**. "I do study a lot if I have a border line grade."

But many students weren't as positive about finals as Kingsbury. They wished that finals didn't have as great an impact on the semester but were more like regular tests. "I think finals are too much of a deciding factor in students' grades," said junior **Tonya Goodall**. "It would be less stressing if they counted for 10% or less."

Many students didn't like the two-day finals schedule. In

I didn't know the impact of finals until after I got my grades."

Nick Propes

fact, a couple years ago the idea of changing to a four day final schedule was discussed, though that didn't seem to be the best solution, either.

"Two days is better, because if you extend it to four days, it's too long," said sophomore **Eric Weber**. "So three days would be perfect."

Some students didn't care one way or the other. In fact, they didn't even study for finals. They decided that they knew what they knew and it was too late to pick up the rest. Later, after receiving their report cards, some regretted their decision not to study.

Juniors Aaron Ritz, Jennifer McMaken and Dan Braun participate in a small group discussion on the pros and cons of imperialism for a class activity in A.P. Western Civilizations. (Photo by Kristen McGeeney)



GOING THE EXTRA MILE

Want to take a walk in their shoes?

By Caity Birmingham

Any students at Ames High challenged themselves with Honors, Advanced Placement and even college courses. By taking these higher level classes, students could test their abilities and pursue their specific areas of interest in more depth.

"Being in Honors American Lit. and A.P. Western Civ. really challenges me," junior James Proescholdt. "There is more work, but I get more out of those classes. Plus, they're good for college."

Aside from Honors and A.P. classes at the high school, some students took courses at ISU.

Though college courses often caused stress, they gave students a feeling of freedom.

"I took Calculus II at ISU first semester," senior **Bess Lewis** said. "My advice is to take a class you can skip because that way you get all the privileges of being a smart kid

There is more work but I get more out of those classes.

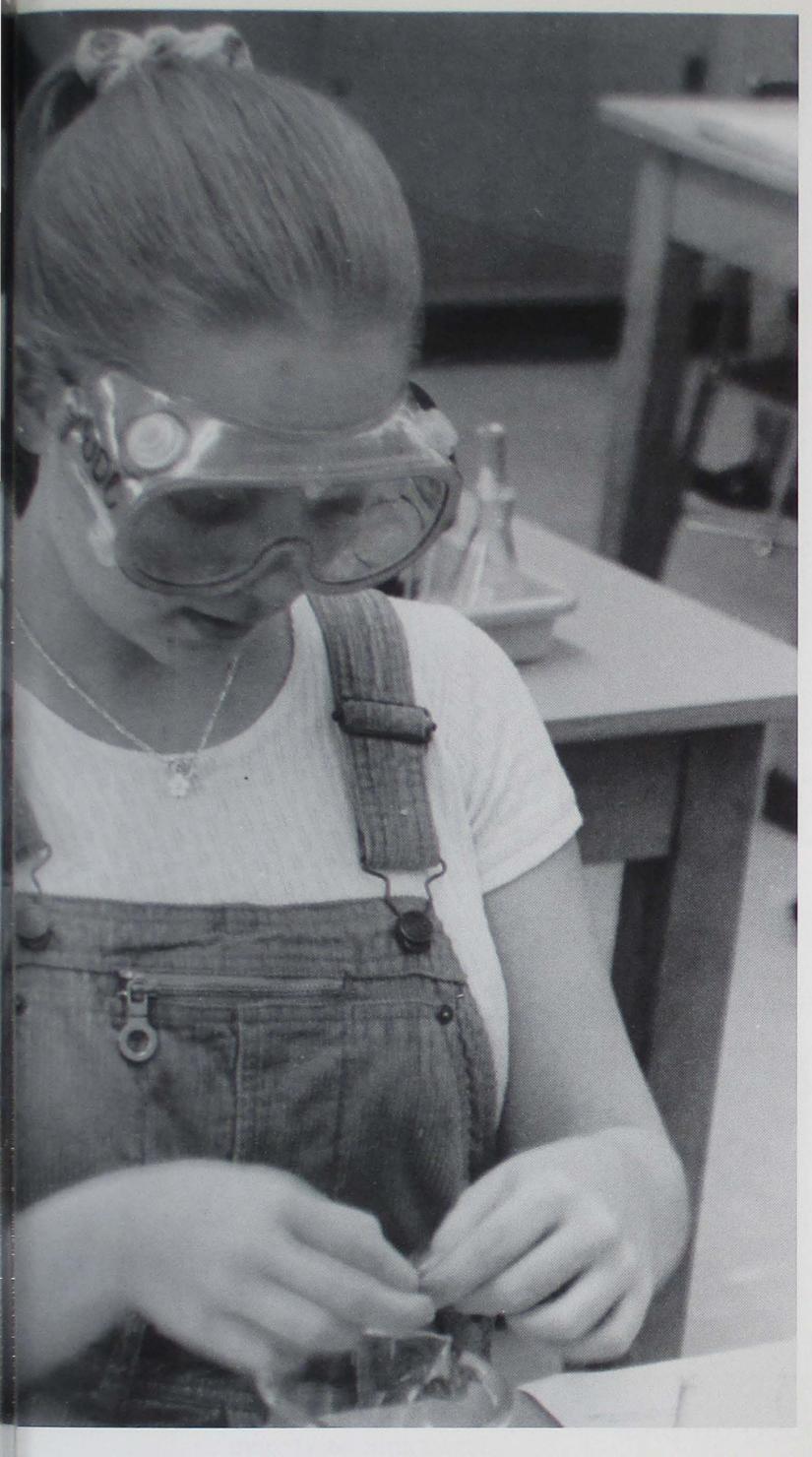
James Proescholdt

plus all the advantages of the Memorial Union food court."

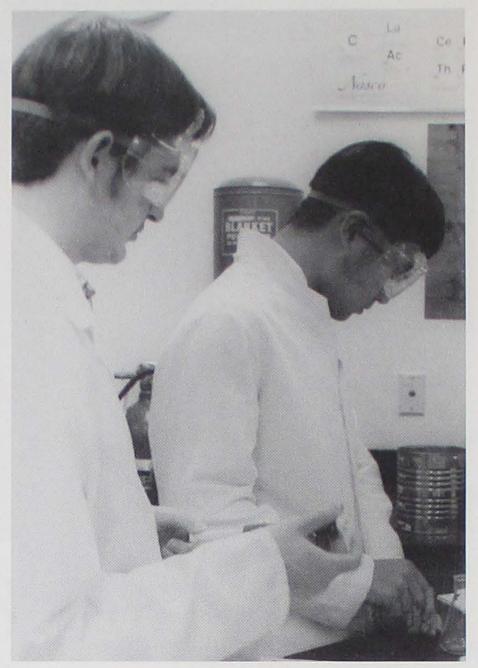
There were differing views on the importance of honors classes, even among those who took them.

"I'm in Honors Biology," sophomore **Sam Wong** said. "But I think that honors classes are generally just college application kiss-up."

Honors, A.P. and college courses were challenging and took a big commitment but for those who were willing to make that commitment, these classes could enrich and inspire and were good for more than just getting into college.

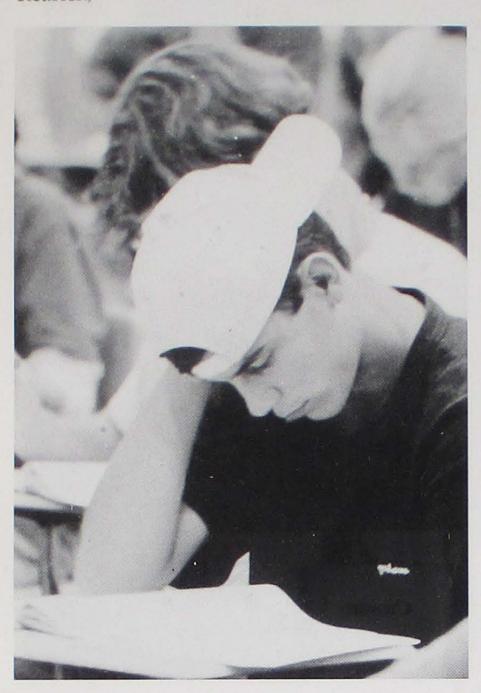


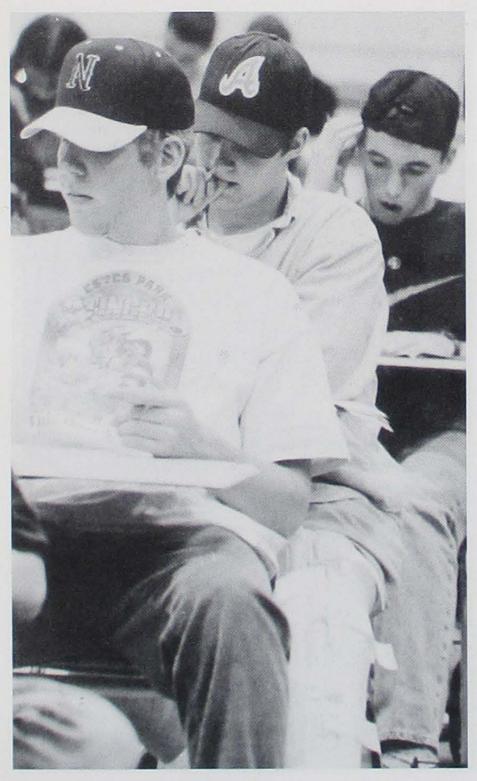
Seniors Nishant Parulekar and Steve Gartz complete a lab experiment in Honors Chemistry. Honors Chemistry was considered to be one of the most challenging honors courses at Ames High. (Photo by Jason Rearick)

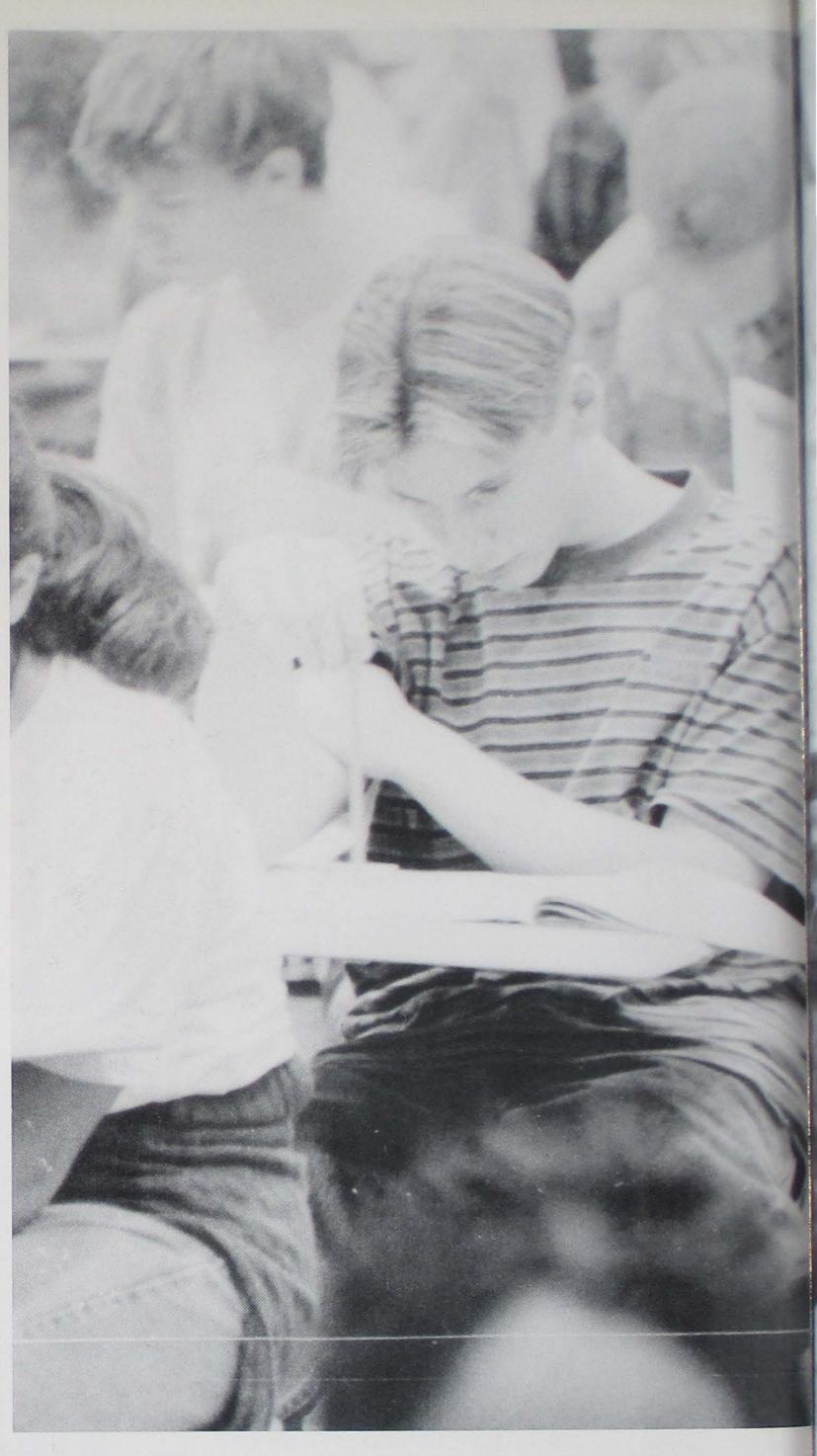




ophomore Kelsey Armor works on a lab in Honors Biology. phomore year was the first chance idents had to take honors classes. ey were offered in English, Bioly and U.S. History. (Photo by Iri Bates) Junior Aletia VanBrocklin looks on as junior Erin Rollenhagen gets into the role of Daisy, a character from *The Great Gatsby* in a class presentation for Honors American Literature. (Photo by Kristen McGeeney) Junior Matt Vander Zyl spends the afternoon slaving over questions on standardized tests in the gym along with other juniors and sophomores. Instructions for the tests were read over a microphone to the group. (Photo by Jason Rearick)



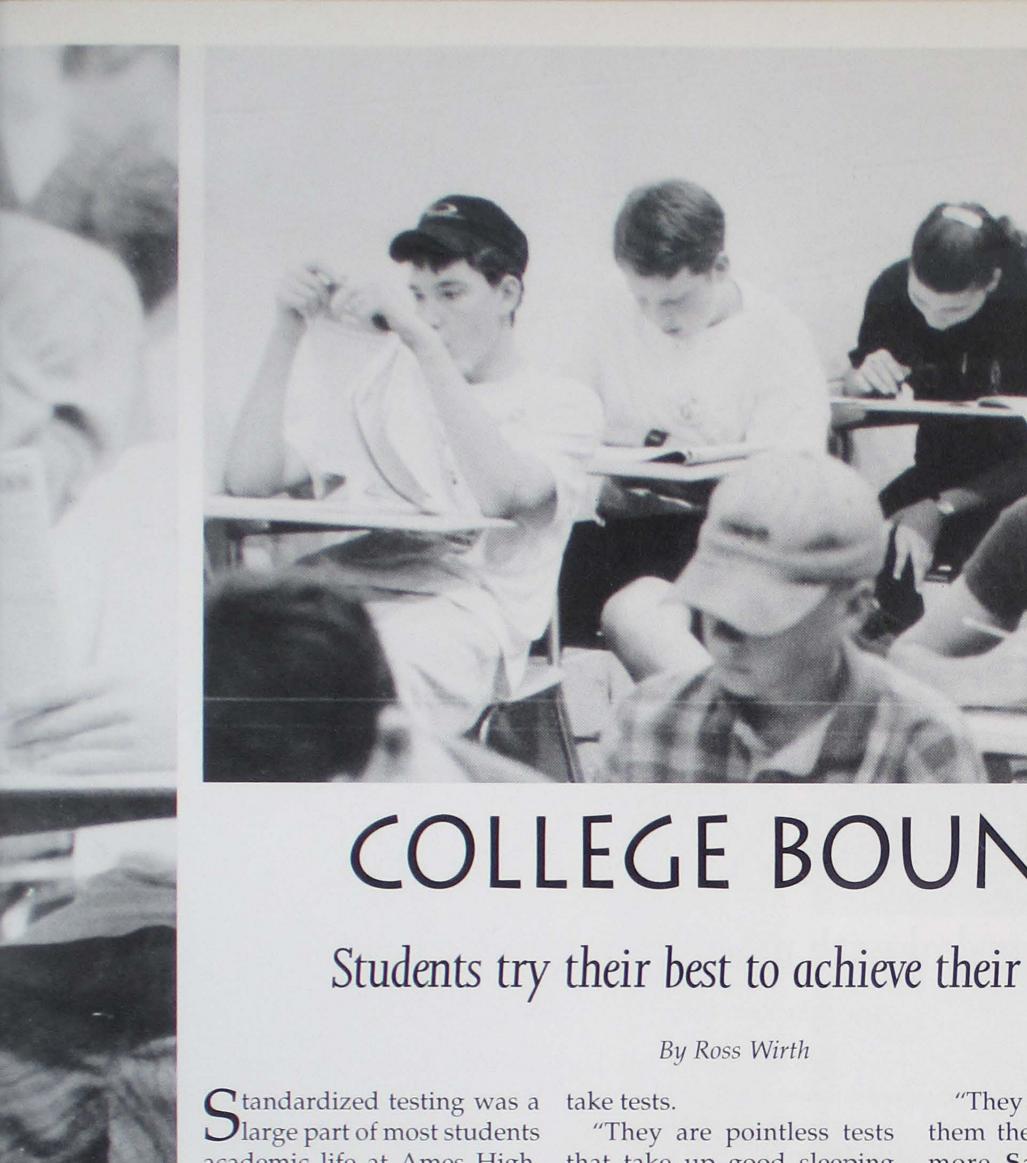




Standardized testing caused many different reactions in students. Many students were frustrated with the setup of testing this year, they preferred the smaller classroom sized testing groups. (Photo by Jason Rearick)

Junior Chad Johansen ponders questions on the PSATs. Many students took the PSATs during their sophomore and junior years. (Photo by Jason Rearick)

124 Standardized Testing



Sophomore John O'Connell concentrates on his ITEDs. This year's **ITEDs** were given in the gym in one large session. (Photo by Jason Rearick)

COLLEGE BOUND

Students try their best to achieve their goals

academic life at Ames High. that take up good sleeping All students planning to go on to college took the SAT or the ACT, or both. All students at Ames High were required to take the ITEDs in their freshmen and junior years. Many students took standardized tests, but few enjoyed them.

"They are very boring, but worth the boredom," sophomore Jason Shuck said.

Other students felt that the monotony of standardized testing was not worth the rewards. They did not appreciate giving up their Saturday mornings to time," junior Liz McGonigle said.

Other students did not see standardized tests as bad but actually enjoyed them.

They are pointless tests that take up good sleeping time."

Liz McGonigle

"They are fun, if you look at them the right way," sophomore Sarah Lochray said. "You get out of class and get to sit in a room and fill in little dots on a sheet."

Whether or not students liked to take the standardized tests, all agreed that they were important for their advancement in post-secondary education.

"I don't like them, but they are important to my future," sophomore Joel Minion said.

Despite the boredom most students endeared the boredom, in order to move on in their education.

Seniors Andrew Vardeman and Andrew Yee measure a mystery substance during a chemistry lab. (Photo by Jessica Pohlman)



DOUBLE EXSPOSURE

Students deal with ninety minutes of science

By Zach Keller

Tt's over! Yes! Finally, I can ■ leave-- and come right back. If you ever felt like this, you were not alone. Juniors and seniors and a handful of sophomores faced double labs every week--a virtual science marathon. Consequently many students missed out on their open lunch.

"I could be eating at Little Caesars, but instead I have another period of physics," junior Jon Sedgwick said.

Concentrating for two straight periods of the same class seemed a bit tedious, and students often found it difficult not to stare at the clock.

"Double periods are okay if

you have to finish a lab, but Windsor is like Christmas," sometimes it got old being in the same class for ninety min- I could have eight periods utes," senior Travis Nichols with him." said.

However, some students were able to enjoy their double periods because their teachers made it fun.

"Two periods with Mr.

GI could be eating at Little Caesars. "

Jon Sedgwick

junior Katie Finn said. "I wish

And while eight periods might have been overdoing it a bit, there was always a little extra time to catch up on homework.

"I like double periods because it gives you more time to get other work done," sophomore Taylor Anderson said.

Whenever you are bored to tears at the mere prospect of your next double period, just thank your lucky stars that you don't have a double period of P.E.

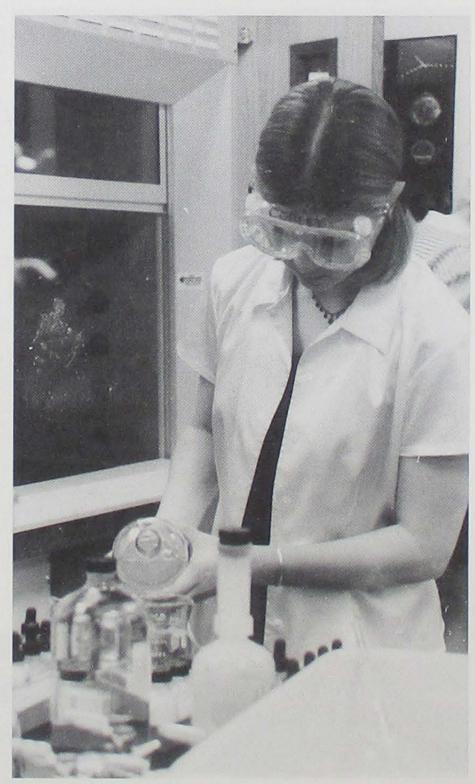


Benior Dan Gilloon titrates fluids in his chemistry class. Honors Chemistry was too hard I dropped to survey," Gilloon iid.(Photo by Jessica Pohlman)

Senior Amy Corley does a fluid titrating experiment. "Labs are sweet, except for the goggle lines," Corley said. (Photo by Jessica Pohlman)

Junior Josh Kohrs watches intently and waits for his water to boil during a science lab. "Physical science labs are fun, but there's a lot of work to do," Kohrs said. (Photo by Jessica Pohlman)

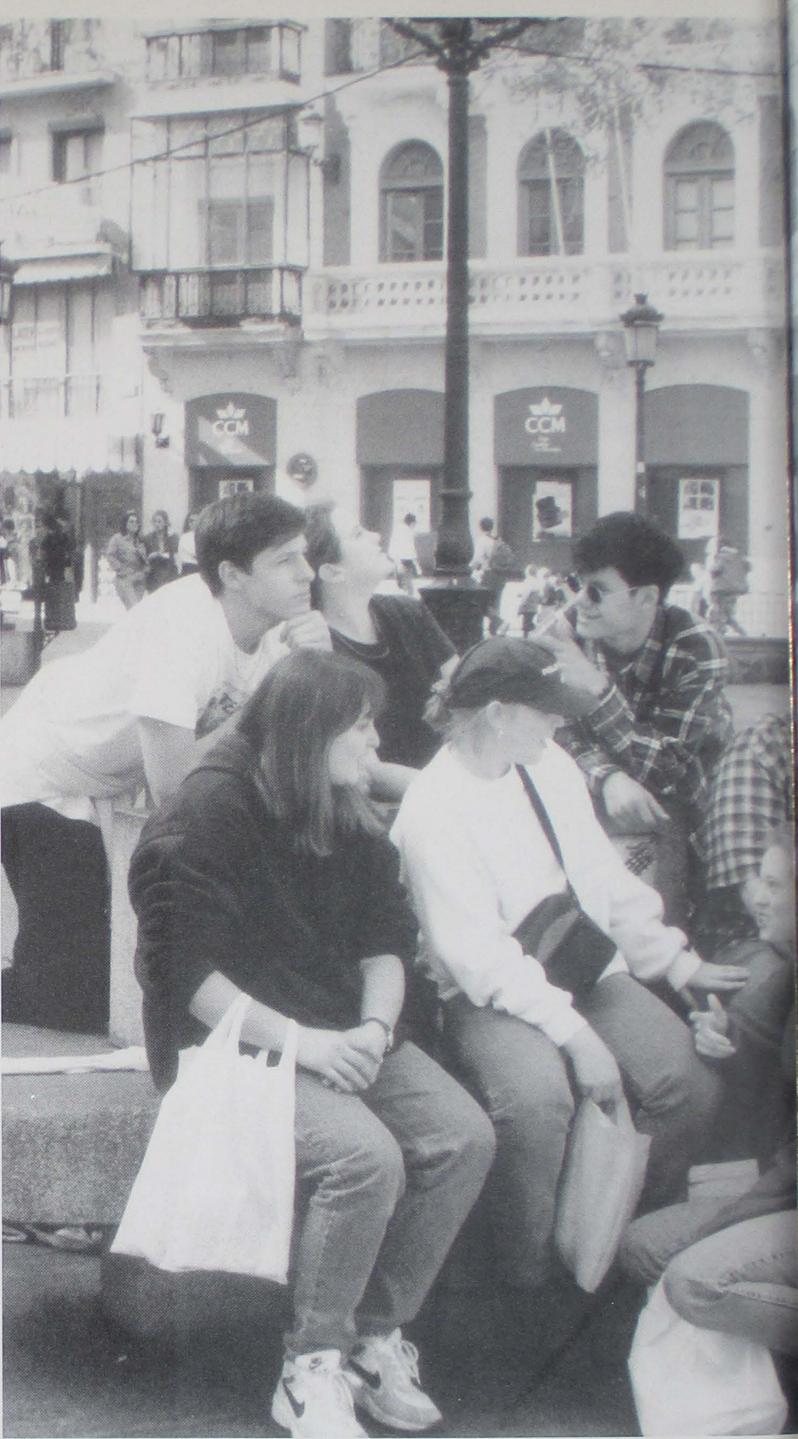




Seniors Nicki Thompson, Cassie Rice and Jennifer Sargent stand outside a museum in Toledo, Spain. (Photo courtesy of Carrie Shupp)







Senior Carrie Shupp shows her passport and boarding pass to a TWA employee as she prepares to board a flight to Madrid. "The plane ride was really long," Shupp said. (Photo courtesy of Carrie Shupp)

Seniors Anthony Hartman Carrie Shupp, Emily Hawkins Alyssa Speck, Andrew Yee, Drew Hamilton, and Angie Adams congregate in a city square in Madrid, Spain. (Photo courtesy of Andrew Yee)

128 Foreign Language Trips





Senior Nick Schmerr walks along behind his sister Elizabeth Schmerr and two German students on the high school trip to Germany. (Photo courtesy of Annie Butin)

SOMEWHERE OUT THERE

Students experienced the adventures of travel

By Corey Beck

Every year, the foriegn language trips offered students the opportunity to travel to Spain, France or Germany to learn about the culture and practice their language skills. As in previous years, everyone had their share of fun and a little bad luck.

"Somehow I got my pocket picked in the Madrid subway, even though my wallet was in my front pocket," senior Anthony Hartman said. "I also got trapped in an elevator and had to shout until some guy came and helped me get out."

Other students had problems as well. Travelling in a strange and unfamiliar place

can cause even experienced travelers to become disoriented.

"I was looking around when I suddenly realized I had no idea where I was," senior Andrew Yee said. "I called my Spanish family, but they

Our flight was delayed almost eight hours..."

Melissa Poague

wouldn't come get me, so I had to beg a weird cab driver to take me home."

Other difficulties were the type that come with any sort of overseas travelling, such as delayed flights and misunderstandings at customs.

"Our flight was delayed almost eight hours when we were headed to France," senior Melissa Poague said. "Hanging out in an airport is not my idea of fun, but we did get to play some cards."

Despite the difficulties and the bad luck, nearly all of the students agreed that they were glad they had gone and hoped to go again some day.

Juniors Rachel Best and Amy Kelso check over a recipe for their foods class with Mrs. Polston. "I took it because I can't make any food that doesn't come in a box," Best said. (Photo by Lori Bates)



COOKING AND CARS

Industrial Technology and Home Economics blended peacefully

By Andrew Brodie

The sound of crying babies and power tools in the same place sounds strange, but both of these noises were heard at Ames High.

"There's a variety of classes here," I-tech teacher **Don Faas** said. "I-Tech and home economics are a big part of that."

By taking such classes, students were able to experience real-life situations that would help them later in life.

"I like how we learn about real things like taxes and credit," junior **Jessica Larson** said about her contemporary living class.

The classes also helped stu-

dents prepare for day to day life after high school.

"You gain experience cooking different things in my foods class," senior **Nick Bokhoven** said. "You don't have to live off macaroni and cheese."

In auto mechanics, students

l've worked on cars all my life. It's something I enjoy.

Tenille Castonguay

had the chance to work on cars and do troubleshooting.

"I like working with automobiles," senior Joe Anderson said. "Solving problems is satisfying."

While auto-mech may be a traditionally "male" class, there are females who take the class and do as well or better.

"I'll fix something first and the guys in the class realize that females can work on cars also," senior **Tenille Castonguay** said.

Industrial technology and home economics provided students an application to everyday life.



Sophomore Lisa Smart works on a project for a drafting graphics class. Such work required patience and skill to complete accurately. (Photo by Jessica Pohlman)

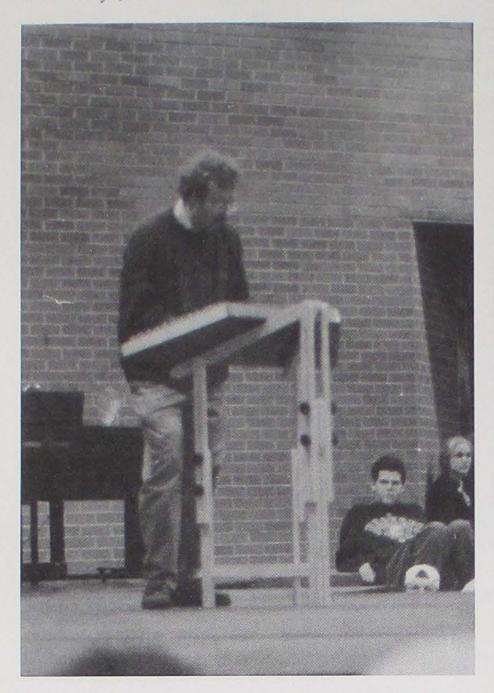


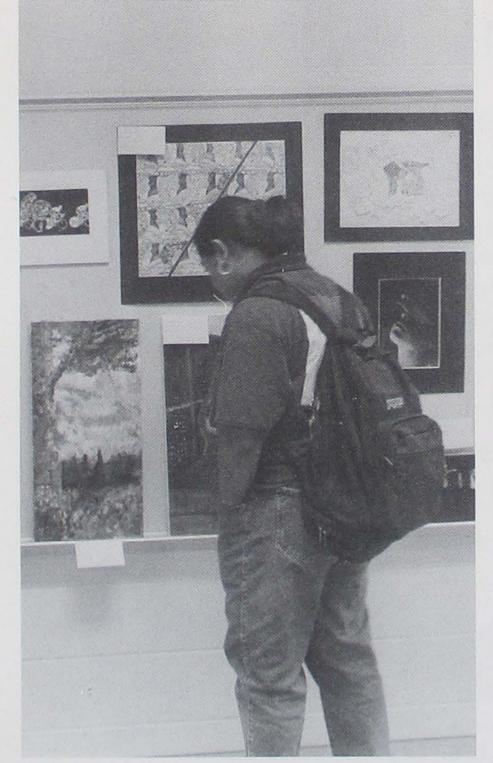


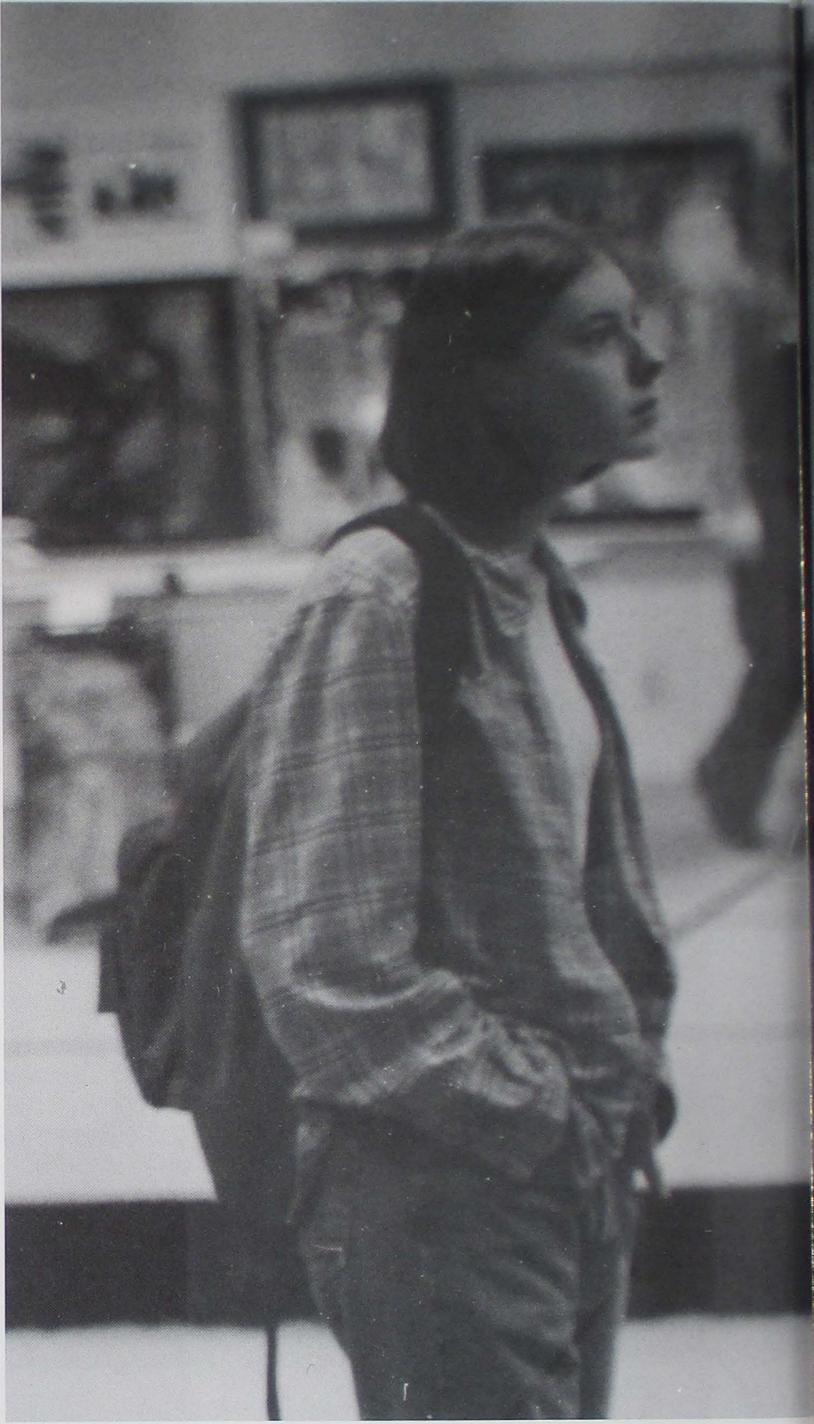
Senior Naomi Lohr prepares a recipe for her foods class.

Making accurate measurements was an important part to getting it to come out just right. (Photo by Lori Bates)

Juniors Dana Erickson and Karen Bittner do a run through to tune up an engine in their auto mechanics class. "This class gives me a break from the normal classroom atmosphere," Erickson said. (Photo by Jessica Pohlman) Mr. Greenlaw plays his dulcimer hammer, which is also known as the "lumberjack piano" during the assembly. The assembly started the fine arts week activities. (Photo by Jason Rearick)



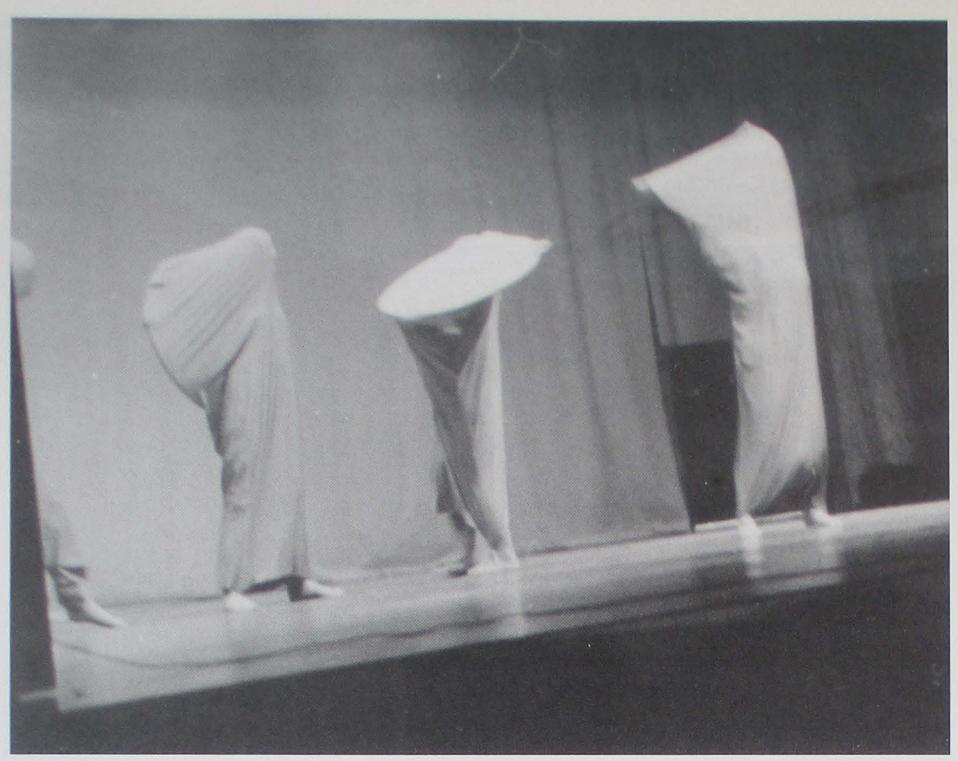




Sophomore Stacie Dunlap looks at a few paintings in the Multi-Purpose room. "It was an enlightening experience," said Dunlap. "I looked at art work." (Photo by Jason Rearick)

Senior Jenny Peterson checks out some photography prints in the Multi-Purpose room during Fine Arts Week. (Photo by Jason Rearick)





Senior Erica Riedesel, and juniors Caity Birmingham, and Louise Rothschild perform their terpsichore dance, Tai-chai Taro at the assembly. "Being allpink and dancing to creepy music is superfun," Birmingham said. (Photo by Rearick)

DANCING BAGS

The first Fine Arts Week was a success

By Kristen McGeeney

Dep assemblies were held for the athletes, and the intellectuals were publicly recognized for their intelligence, while the artists and performers of our school were limited to the art world for recognition. To reverse this inequality, Student Council took the initiative to make a change and held the first ever Fine Arts week.

"It was difficult to plan because it was the first year, but it was an important thing to do and recognize the arts in our school," junior Katie Geha "I think that Student said. Council set a good example for

it to be carried on next year."

The individuals who performed or displayed their works thought the week was a worthwhile experience but felt that their recognition should not be limited to one week.

66 Fine arts week was cool and was really fun for me."

Andrew Choi

Throughout the week, individuals expressed their creativity and showed many interesting forms of entertainment.

"I am not saying everyone should come to our assemblies to watch us dance around with paper bags on our heads, but we should have more artshows and art hanging on the walls throughout the year," junior Mei-Ling Shaw said.

The successful week was full of displays of art from sculptures of failing students to photos on the floor. Throughout the week, the students experienced a wider view of our school.

Chicago or bust

by Andrew Brodie

Every year, band members had numerous opportunities to show off the skill and talent of the instrumental department. However, most of those opportunities were local performances for friends and family.

Band tour provided a chance for students to get outside of AHS and travel to other places. Band tour involved a four-day trip that included several stops on the way to and around Chicago.

"Band tour was a blast," senior **Ryan Kelly** said. "The only rule was that you couldn't get more than two hours of sleep a night or you risked missing out on some serious fun."

On the tour, band members per-

formed at several places. Besides the performances, the band also participated in several music clinics on the trip. When students weren't performing, they had a chance to enjoy Chicago and had fun sight seeing around the city.

"We did a bunch of different things," sophomore **Ben Janke** said. "I can't believe how many movies we watched while riding the buses in downtown Chicago."

From the performances to the clinics to the stop at Six Flags, band tour provided a fun-filled four days that was enjoyed by band members and will be long remembered by those involved.

Kirsten
Crase, Erica
Riedesel,
Rachel
Chacko,
Kathy
Craig, and
Elisabeth
Kracker
relax in a
hotel room.
(Photo
courtesy of
Kirsten
Crase)



"Band tour was the best.
One thing that made it the best was "Batman: The Ride" at Six Flags.
-Mark Gardner

"Band tour is the only time in a man's life when he can fill a bathtub with

bathtub with strawberry jello and run around at three in the morning."

- Brandon Whalen

"By the end of the trip, everyone was falling asleep on the buses even if there was twenty minutes left."

- Steve Block



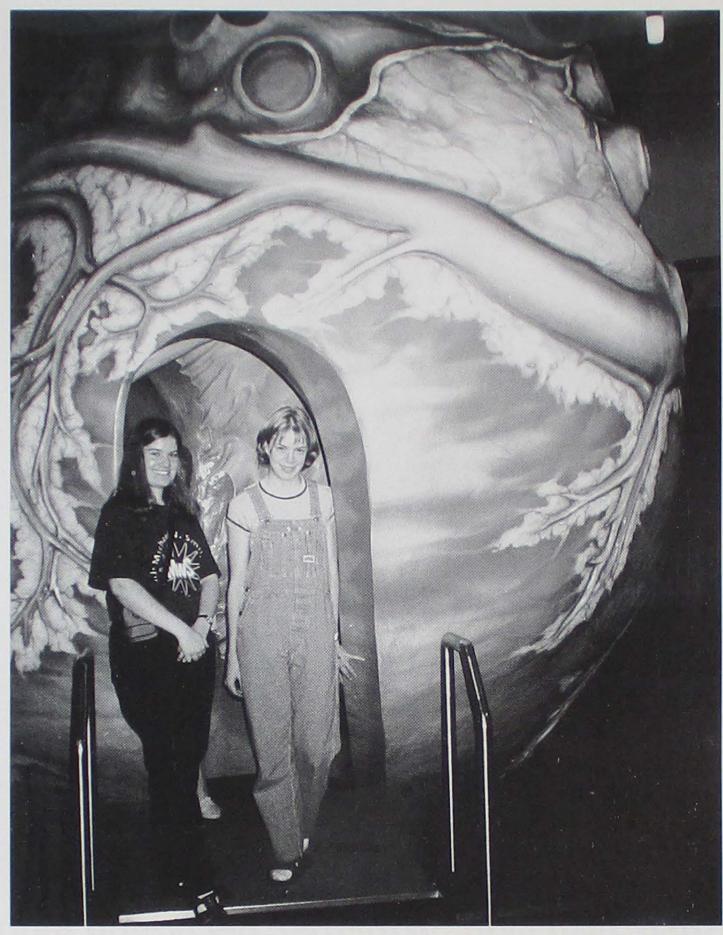


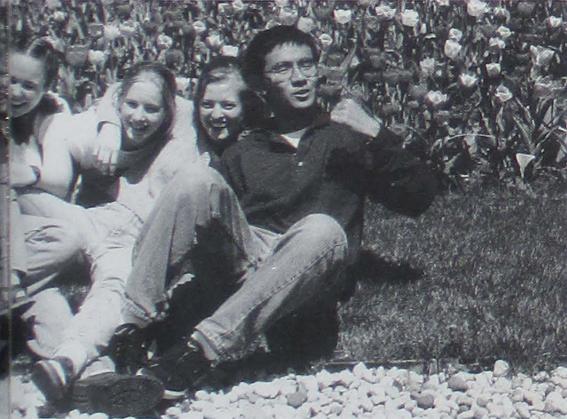
Spencer Mickelson, Kirsten Crase, Melanie Mickelson, Julie Dickson, Darcy White, Angie Adams, and David Jeong pose for a quick shot at Northwestern University. (Photo courtesy of Kirsten Crase)

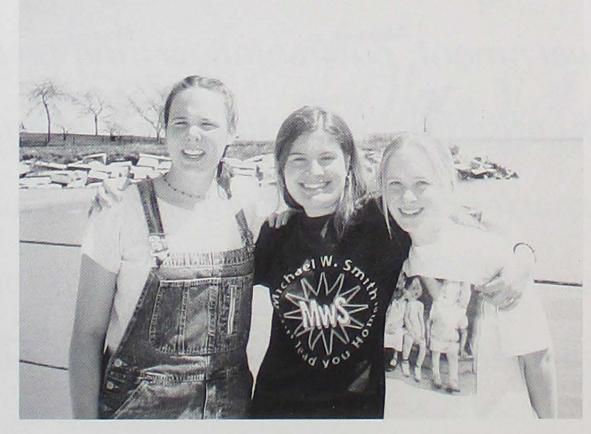


Mr. Gartz gives directions at Elmhurst College during one of the stops on band tour. (Photo courtesy of Kirsten Crase)

Kirsten Crase and Megan Stephenson enjoy the exhibits at the Museum of Science and Industry. (Photo courtesy of Kirsten Crase)

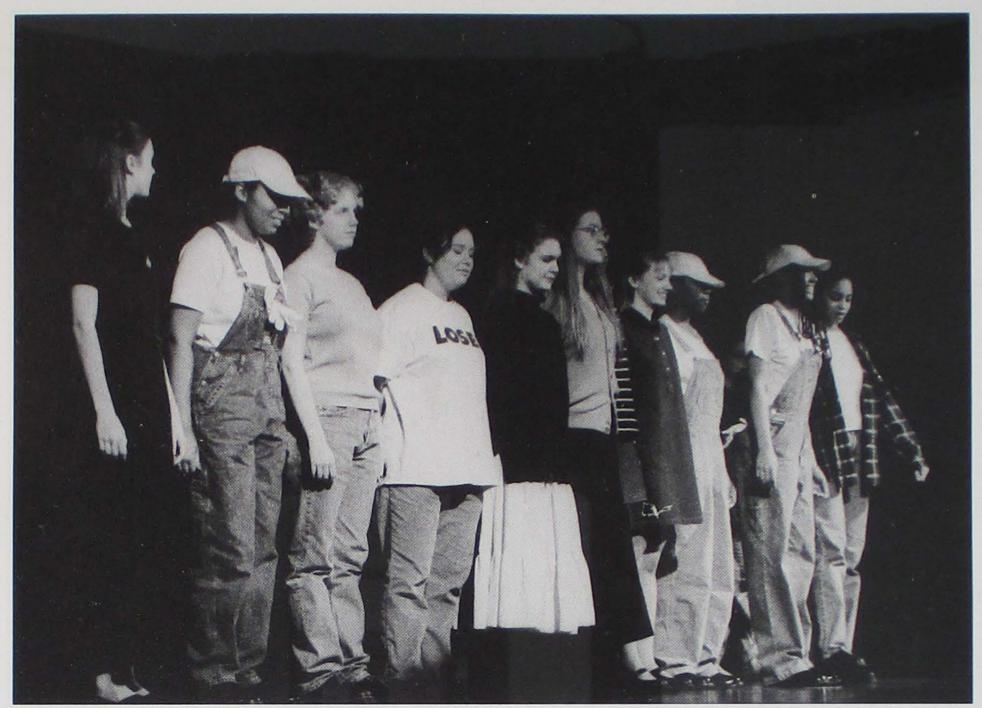


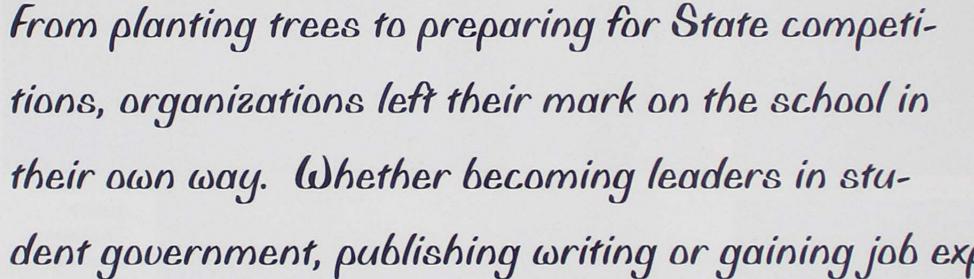




Julie Dickson, Kirsten Crase and Darcy White stop for a quick picture during the stop at Northwestern University. (Photo courtesy of Kirsten Crase)

The Human Relations Committee performs at the annually held Martin Luther King, Jr. assembly. (Photo by Lori Bates)





dent government, publishing writing or gaining job experience, students benefited from participating in various groups. Together students experienced new situations and worked to make changes in the school and community. Through organizations, students accomplished projects that they would have been unable to do on their own.





Members of the Tae Kwon Do club break a board as part of their workout. (Photo by Jason Rearick)

The Rest Foot Forward Organizations - 137

Seniors
Michael
Morain, Ryan
Greenlaw and
Priya Kothari
discuss issues
at a Human
Relations
Committee
meeting
(Photo by
Jason
Rearick).



Front Row: Lisa VanDeusen, Gina Russell, Stacie Dunlap, Sara Niemand. Second Row: Sara Kitchell, Eugena Song, Devashis Roy, Nyanda Donaldson, Uri Kogan, Kelly Garrison, Taray Lundy. Third Row: Cherise Rollins, Emily Watts, Derek Bjelland, Rosalind Scanes, Er Rollenhagen, Meisha Colbert, Benjamin Stark. Back Row: Reggie Greenlaw, Daniel Fernandes Baca, Adina Rollins, Suzanne Mendelson, Shawn Sebastian.



HUMAN RELATIONS

"I was really proud of everybody on the HR Committee for working so hard to connect with our peers."

-Junior Erin Rollenhagen

Advisor: Reggie Greenlaw

Accomplishments: MLK Assembly and NAME Conference in Minneapolis. Dealt with issues that came up around school.

"Human Relations was formatted to make our school more accepting and I think it's working."

-Sophomore Meisha Colbert

KEY CLUB

"I joined because my friend brought me to a meeting and I was in the picture, so I thought I should." -Freshman Robyn Matzke

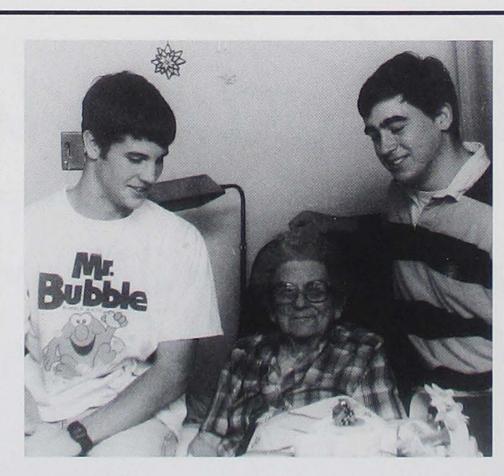
Advisor: Leigh Nataro

Accomplishments: Raised money for the Iodine Deficient, Visited Nursing Homes and had a Food Drive.

"Key Club is a chance for me to volunteer my time for something that affects not only the school but the environment."

-Junior James Grant

Juniors
Robbie
Smalling and
James Grant
cheer up a
resident on
Key Club's
visit to a local
nursing home
(Photo by
Kristen
McGeeney).





Front Row: Miriam Hauptman, Agnieszka Pate, Eugena Song, Erica Wehner, DeAnn Wright, Sarah Bates, Stefanie Donnell, Darry White, Carrie Shupp. Second Row: Leigh Nataro, Robyn Matzke, Tanya Randall, Andrea McKern, Brenda Jones, Andrea Gunning, Kristen McGeeney, Dawn Tesdall, Elizabeth McGonigle, Amber Heaberlin. Third Row: Rachel Goodrich, Kelly Dunlay, Heather Hurley, Erin Bilyeu, Amber Hill, Eric Auge, Julie Dickson, Aubrey Bryant, Stacey Chung, Beau Biskner, Amanda Rios, Kelly Hallihan, Toluwanimi Fadeyi, Eric Upchurch. Back Row: Meagan Norlin, Millie Dowling, Rebecca Glatz, Kristin Melby, Nate Jones, Joseph Mowers, Andrew Brown, David Jeong, Robbie Smalling, James Grant, Katherine Anderson.

reet Row: Cynthia Whiteford, Dana Doran, Amy VanSlyke, Nicole Thompson, schelle Gano, Shannon Goldman. Second Row: Jessi Wilhite, Jennifer Clark, Amy wank, Erin Life, Lindsay Carey, Erin Johnson. Back Row: Kate Christensen, Liz bultz, Laura Beerman, Samantha Mills, Leah Haas.





Seniors Liz Schultz and Beth Orning set up for 1997 Winter Formal, Starry Starry Night. (Photo by Vanessa Kuo)

"Senior Girls Club was fun, I enjoyed planning, but the 7:30 a.m. mornings hurt a little."

-Senior Leah Haas

SENIOR GIRLS CLUB

Advisor: Ann Stokka

Accomplishments: Planned, organized and raisied money for the Winter Formal.

"Setting up for the Formal was hard work, but we had fun. Mrs. Stokka brought food, which was cool."

-Senior Dana Doran

ODYSSEY OF THE MIND

"We made a big dragon for one skit; it was named Chololate Puddin', but that's a different story."

-Junior Kathleen Leeds

Advisor: Kirk Daddow

Accomplishments: Found and presented creative solutions to historical and scientific prob-

"10 rolls of duct tape, 25 pounds of cholate pudding, OM makes for happy masochists."

-Junior Adam Niese



Front Row: Laura Heideman, Crystal Tice, Brian Nelton, Hilary Rowings, Tracy Tyler, Catherine McKeirnan, Katie Furr, Sarah Hendriksen. Back Row: Franck Hasiuk, David Hall, effrey Ohman, Anna Hentzel, John Schoeller, Peter Huffman, Ryan Jeffrey.



An Odyssey
of the Mind
team figures
out and
performs the
solution to a
scientific
problem at
state competition.

Juniors Michelle Marvick and **Beth Gardner** work on the **Lights Crew** for plays. Many thespians got their hours from working on crews as well as actually acting in plays. (Photo by Jessica Pholman)



Front Row: James Proescholdt, Sofia Mosesova, Ryan Haynes, Ryan Greenlaw, April Wright Katie Geha, Chris Tuttle. Second Row: Michelle Marvick, Melanie Mickleson, Louise Rothschall Rachel Pleasants, Stephanie Schubert, Tom Popelka, Greg Willard, Sarah Shimek, Yael Shime Bess Lewis. Back Row: Jason Lippard, Ryan Jeffrey, Michael Morain, Katie Harker, J. Stansbery, David Roth, Chad Mortensen, Abby Hade, Jean Gladon.



THESPIANS

"It is a great group to be involved in because I know that everyone there loves theatre as much as I do."

-Junior Katie Geha

Advisor: Hank Hansen

Accomplishments: Worked on plays-cast and crew; organized drama related activities and fundraisers.

"Being a thespian is 'dynamite,' it's a good outlet for me."

-Freshman Daniel Carter

SPEECH CLUB

"In Speech I learned that Tiger Balm is a good way to numb my lips."

-Freshman Rachael Shimek

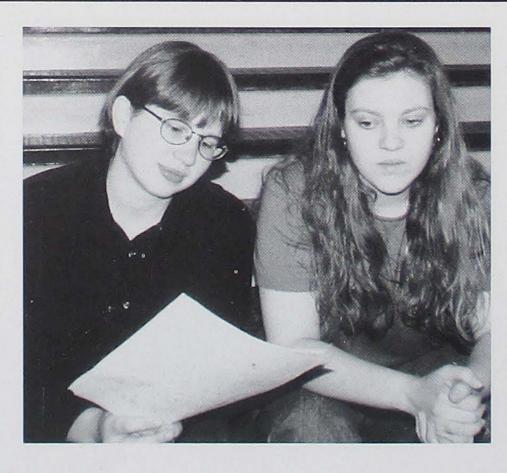
Advisor: Gwen Atkinson

Accomplishments: Worked on public speaking skills, presented various types of speeches and competed at state.

"I went to State for improv, so it was especially scary. I couln't even practice."

-Senior Lindsay Peters

Senior Lindsay Peters and junior Sarah Hegland practice speaking for State compitition. Hegland went to State for poetry reading and Peters went for improv. (Photo by Lori Bates)





Front Row: Michael Morain, Katie Harker, Yael Shinar, Jennifer Peyser, Lindsay Peters. Second Row: Megan Ward, Katherine Downing, Rachael Shimek, Signe Newman, Amy Sargent, Jessica Lscaleet. Back Row: Dan Haug, Dan Carter, Matthew Helland.

Front Row: Umar Mujeeb, Randy Mathison, Joe Obricki, Katie Geha, Maire Gilchrist, Katie Finn. Back Row: Daniel Hummer, John Russell, Roz Scanes, Ankita Singh, Sarah Hegland, Manisha Gadia.





Sophomore Yael Shinar and senior John Russell participate in a discussion at a Political Forum meeting. Differing opinions often caused heated discussions that lead to an understanding of all sides. (Photo by Jessica Pohlman)

"I could express my
opinion about any issueworld or local-and receive
contructive feedback from
my peers."
-Junior Manisha Gadia

POLITICAL FORUM

Advisor: Kirsten Sullivan

Accomplishments: Discussed political issues from many different viewpoints.

"It's a great place for students who don't know about politics, or want to learn more about politics."

-Senior John Russell

STUDENT COUNCIL

"I don't understand why
people ran away from me
when I tried to give them
candy on Random Acts of
Kindness Day."
-Senior Denise Mix

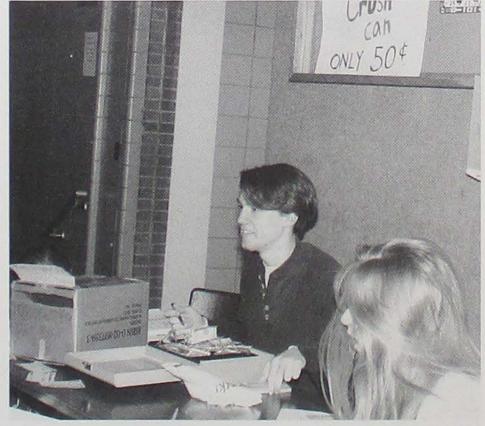
Advisor: Troy Hill

Accomplishments: Welfare Week, Winter Madness, Fine Arts Week, free parties for students once a month.

"Student Council was very productive this year, and it taught Joe and me a lot about how to do things next year as co-presidents."

- Junior Devashis Roy





Michael
Morain and
Jennifer
Peyser sell
Crush cans
and give out
computer
dating forms
during the
week of
Valentine's
Day. (Photo
by Kristen
McGeeney)

ront Row: Katie Finn, Ankita Singh, Melanie Mickelson, Devashis Roy, Angela Salvo. Second Row: Gina ussell, Rachel Moon, Beth Peterson, Patrick Finn, Denise Mix, Sarah Kitchell, Darcy White, Katie Geha. Third ow: Mary Russell, John Russell, Joe Mowers, Katherine Anderson, Angie Adams, Linnea Woline, Laura Voline, Jennifer Peyser. Fourth Row: Alec Otteman, Robbie Smalling, Michael Morain, Jon Titus, Shannon Joldman, Claire Gilchrist. Back Row: Anthony Hartman, Nate Jones, Michael Doran, Andrew Yee.

Front Row: Joe Stansbery, Yu-Hsuan Chu, Sofia Mosesova, Manish Gadia. Back Row: Paula Goyeneche, Sam Wong, Elizabeth Schmer Elton Wong, Koki Nakagawa.



Junior Andrew Choi breaks a board held by senior Elton Wong. Board breaking is an advanced Tae-Kwon-Doskill. (Photo by Jason Rearick)

TKD CLUB

"Tae-kwon-do is a good workout, and it works on the balance of mind, body and spirit."

-Junior Paula Goyeneche

Advisor: Beth Sermet

Accomplishments: Learned new techniques, worked towards perfection of techniques and tested to higher belts.

"I like to kick people. No, actually Tae-kwon-do isn't at all about violence."

-Junior Andrew Choi

SADD

"SADD has become more active this year, which is great because it's an important issue and we need to increase awareness."

-Sophomore Katherine Acker

Advisor: Elizabeth Middleton

Accomplishments: Increased students' awareness in the dangers of driving drunk.

"Once we got SADD off the ground, we actually got a chance to alert kids to the dangers of drunk driving."

-Sophomore Luke Healy

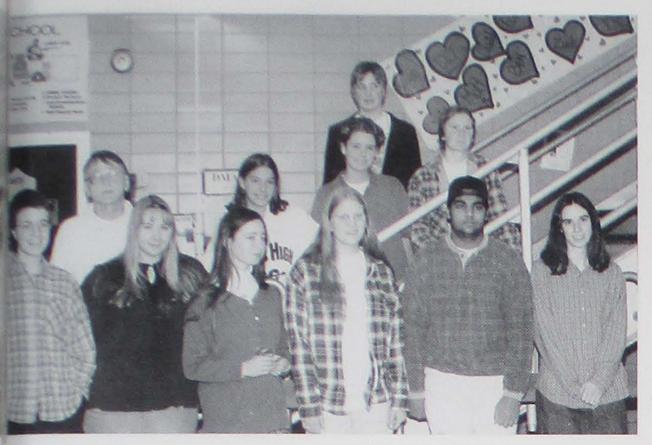
Sophomores
Luke Healy
and Steve
Peterson pose
as victims of a
drunk driving
accident the
mall to raise
awareness.





Front Row: Luke Healy, Hannah Dobbs, Katherine Acker, Emily Duffelmeyer Abbey Carter, Karston Blackwelder. Back Row: Jon Titus, Alison Maxwell, Janel Morz, Erin Bilyeu, Anila Persaud, Jessica Ensley.

Front Row: Melissa Poague, Debra Peterson, Ellen Kitchell, Laura Heideman, Umar Mujeeb, Sara Siebert. Back Row: Kirk Daddow, Mary Russell, Katherine Acker, Eleanor Jensen, Eileen Heideman.





Senior Debra
Peterson and
junior Andrew Choi
write letters
for Amnesty
International.
(Photo by
Caity Birmingham)

AMNESTY INTERNATIONAL

"It's wonderful that so many people do a little thing like write a letter to help a stranger."

-Senior Sara Siebert

Advisor: Kirk Daddow

Accomplishments: Wrote letters to protest human rights injustices.

"Amnesty gives me the feeling that I'm getting something done to help people who need it."

-Junior Neda Golchin

"We're not just concerned about our environment, we're concerned with taking care of ourselves and the continuation of our species." -Senior Dan Ehresman

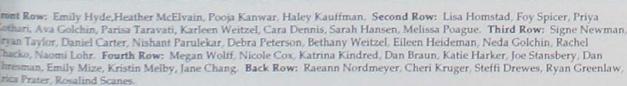
100TH GREEN BUTTERFLY

Advisor: Bob Uetz

Accomplishments: Helped save Engledinger Marsh and Browns Woods; bought books for elementary schools; Battle of the Bands; Green ""We just want the world around in ten years. That doesn't mean we're all big fans of John Denver."

-Senior Cheri Kruger







Senior Dan
Ehresman and
sophomore
Pooja Kanwar
sort paper at a
recycling
meeting.
(Photo by
Jason Rearick)

Adam Diesburg makes his move in a chess match played during a Chess Club meeting. At the meetings, the members often just paired up and played chess. (Photo by Jason Rearick)



Front Row: Gregory Marcus, Brian Nelton, Sam Kruger, Andrew Brown, Roger Gotschall. Back Row: Adam Diesburg, Franck Hasiuk, Jeffrey Ohman, Kevin Marasinghe.



"I wish more people would join Chess Club, then we could have a real party."

> -Sophomore Kevin Marasinghe

CHESS CLUB

Advisor: Roger Gotschall

Accomplishments: Sophomore Kevin Marasinghe placed fourth at Closed State Junior Chess Championships. "Chess: a game where you can really have fun."

-Junior Brian Nelton

HOMEPAGE CLUB

"Homepage Club is pretty cool, but all that Macintosh use can really get to a person!"
-Sophomore Andrew Brodie

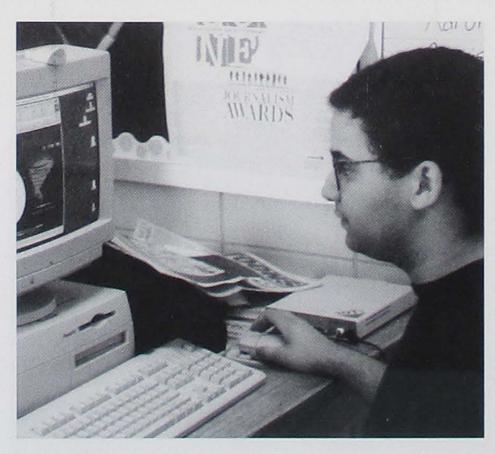
Advisor: Larry Zwagerman

Accomplishments: Updated the Ames Web pages on the Internet.

"The Homepage Club has come a long way. This year we were even contracted to do outside jobs for groups in the Ames Community."

-Sophomore Sam Miller

Sophomore Chad Okere works on the Ames High Web pages. (Photo by Lori Bates)

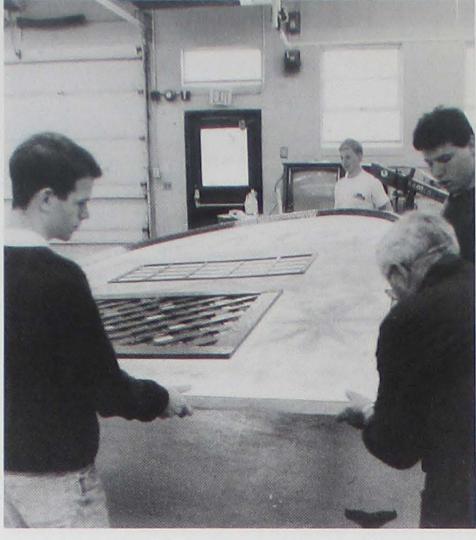




Chidi Okere, Sam Miller, Ross Wirth, Robert Adams.

rvan Thornton, Craig Carlson, Marc Jones, Troy Hofmokel, Brian aurham, Paul Sibbel, Ben Noland, Luke Albert, Nate Heaberlin, man Donaldson, Toby Knapp, Chad Carr, Ryan Arneson, Don





Senior Brian
Donaldson
helps to move
the huge
jukebox
VICA created
for the
opening
ceremonies of
the Special
Olympics.
(Photo by
Jason Rearick)

"It wasn't like a normal class because we built things like a huge jukebox for Special Olympics."

-Senior Brian Donaldson

VICA

Advisor: Don Faas

Accomplishments: Managed the United Way signs; worked on Hoggatt School; constructed jukebox for opening ceremonies of the Special Olympics.

"We get ten periods a week to work out of school for school credit. I joined VICA to keep a few free hours on hand to work." -Senior Paul Sibbel

DECA

"I really enjoyed going to the different conferences where we listened to speakers and got to meet people from differnt places." -Senior Kristi Powell

Advisor: Darrill Abel

Accomplishments: Emily Harris and Brett Pattenburg attended the National DECA conference in California in April. "I had a great time in DECA and learned a few things on the side."

-Senior Julie Dickson



ront Row: Cynthia Whiteford, Julie Dickson, Ryan Davis, Shawn McCormick, Keith Kelley. econd Row: Carrie Pyle, Jessi Wilhite, Emily Harris, Jennifer Clark, Amy Swank, Erin Life, rin Johnson, Julie Ollila. Back Row: Brett Pantenburg, Daniel Folkmann, Kayla John, Brad ayne, Samantha Mills, Kate Miller, John Schroeder, Allison Brennan.



Students
participate in
a relay race at
a DECA
retreat.



Front Row: Quinn Perrin, Justus Hallam, Aki Nakagawa, Ber Wendel, Hilary Rowings, Chandu Tottemputi. Second Row: Mor gan Quinn, Shanda Metzler, Mike O'Connell, Sarah Tapper, La'Taia Giddens.



Freshman
Senate
raises
money by
selling
carnations
on
Valentine's
Day.

FRESHMAN SENATE

"Freshman Senate is an opportunity to have a say-so about school issues."

-Freshman Sarah Tapper

Advisor: Jerry Vos

Accomplishments: Raised money for future years through selling flowers and parties.

"It was fun getting out of study hall to sell flowers."

-Freshman Stacey
McConnell

SOPHOMORE SENATE

"I was in Sophomore
Senate for the learning
aspect, I liked it that we
could all get into groups
and get things done."
-Sophomore Heidi McElroy

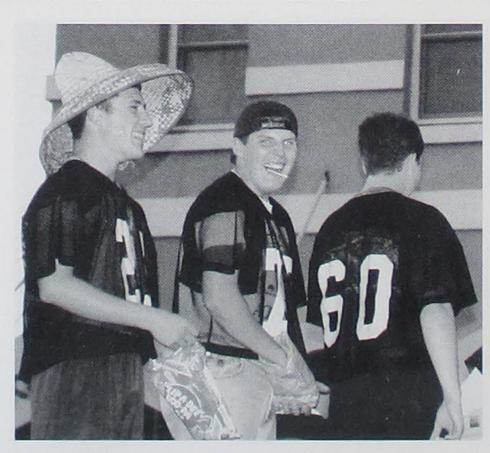
Advisor: Steven Hosch

Accomplishments: Raised money for the future.

"I really liked making the float for the Homecoming parade."

-Sophomore Emily Watts

Sophomore football players participate in the Homecoming Parade.





Front Row: Natalie Cornwell, Emily Watts, Meisha Colbert, Katherin Acker, Amanda Hardy, Ross Wirth. Back Row: Melissa Ridnour, Heid McElroy, Jaime Voss, Nathaniel Ginder, Meagan Duple, Kyle Schilling.

Carrie Milleman, Sharim Cardenas. Back Row: Kristin Melby, Ginny Cronin, each Merkley, Jennifer Lee, Robbie Smalling, Katherine Anderson, Brandon Cardenas, Bronk Harms, Joe Mowers.





Members of Junior Senate work on organizing fundraisers for Prom and actually planning Prom itself.

"Planning Prom was a lot of fun and hard work. I hope everyone had a blast."

-Junior Katherine Anderson

JUNIOR SENATE

Advisor: Nancy Svien

Accomplishments: Planned, raised money for and organized Prom.

"Prom was really successful. A lot of people worked really hard on it, probably harder than I did."

-Junior Joe Mowers

SENIOR SENATE

"I've been in senate all four years so it was natural for me to be in it as a senior, but it was especially fun to plan graduation."

-Senior Natalie Carver

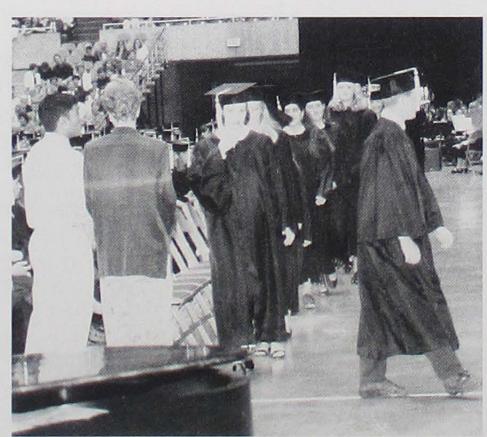
Advisor: Lynda Polston

Accomplishments: Planned and organized graduation.

"Planning graduation was a lot different from planning prom last year in Junior Senate."

-Senior Carrie Tett





Senior Senate dedicated their year to planning a successful and meaningful graduation.

ront Row: David Jeong, Drew Hamilton, Carrie Tett, Kathy Craig, Lebecca Glatz. Back Row: Kristi Powell, Nicole Thompson, Amy VanSlyke, Natalie Carver.



First Row: Leslie Crawford, Morgan Quinn, Ruth Appleton, Andrew Albaugh, Alyna Specia, Mall Shirikus, Albay Carles, Pone Kommifer Peyser, Melanie Mickleson. Second Row: Leslie Hall, Gira Russell, Sarah Bates, Melloox Kinyon, Krasti Fowell, Mallia Leslie Jessica Enseley, Hannah Dobbs, Lori Bates, Jennifer Lee, Mindy Wilson, Amanda Hardy. Third Row: Setty Chang, Frica Protes, Ton Jenifer McMaken, Katherine Anderson, Luke Healy, Nicole Shaull, Katherine Acker, Book y Thomas, Sharim Cardenas, Fourth Row: Las Cardenas, Robbie Smalling, Ashley Brock, Meleah Jensen, Emily Watts, Lisa Van Deusan, Katherine Acrast Budel, Mod. Jung Shaw. Les Stolmeier, Elizabeth Hallam, Julie Dunwell, Derek Bjelland. Fifth Row: Foy Spicer, Jul Larson, Danielle Cain, Bern Peterson, Lamandia Da Amber Ling, Katle Harker, Jean Gladon, Katrina Kindred, Albert Amos. Sixth Row: Matthew Wee, Angle Carter, Ethan Denham, Andles Hartman, Manisha Gadia, Willa Fisher.



Junior Ashley
Brock helps a
new student
in her
homeroom
find her way
around Ames
High. (Photo
by Jason
Rearick).

AMBASSADORS

"I enjoyed helping at openhouse because it was funny watching parents trying to find their way

around school."
-Senior Melanie Mickelson

Advisor: Elizabeth Middleton

Accomplishments: Introduced new students to their classes, teachers and classmates at Ames High. "Showing a new student around Ames High was fun, and learning about where he or she moved here from was intersting as well."
-Junior Robbie Smalling

QUIZ BOWL

"I found it fun to challenge myself to think fast."

Advisor: Kirk Daddow

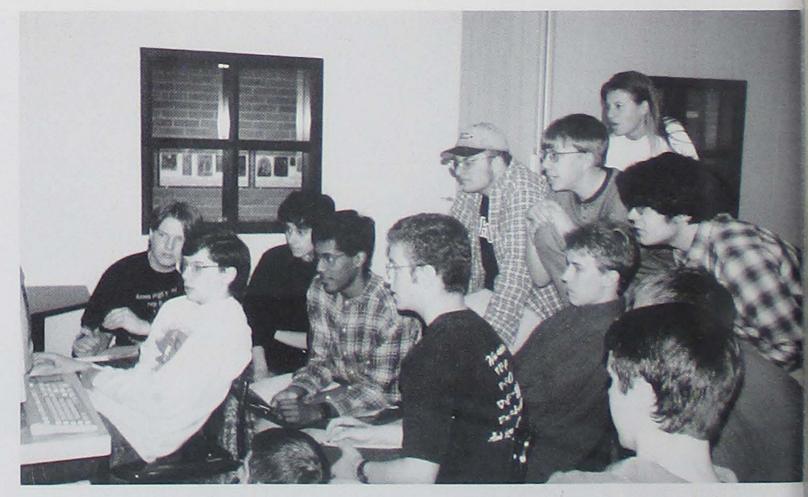
-Junior Josh Lapan

Accomplishments: Used knowledge of current events in competitions; placed 1st and 3rd in one competition.

"It was interesting working with others from school and seeing how much everyone knew."

-Senior Josh Prins

Members of the Quiz Bowl team gather around a computer during practice. Members included Steven Block, Josh Prins, Kevin Marasinghe, Josh Lapan, John Hinrichson, Franek Hasiuk, Luke Peterson, and Uri Kogan. (Photo by Jason Rearick)



Alan Junck, Kirk Daddow, Betty Furr, Roger Jacobson, James Grant, Charles Achter.





Roger
Jacobson,
James Grant
and Charles
Achter
discuss their
plans for
building
improvement.

"It's been fun to work on a committee where the members respect each other."
-Betty Furr

BIT

Advisor: Charles Achter

Accomplishments: Worked on improving facilities at Ames High.

"The BIT is designed to help the school run more smoothly."

-Junior James Grant

MODEL UN

"We, like the U.N., proposed amendments for resolutions, debated them, and voted on them. My favorite part was debating them."

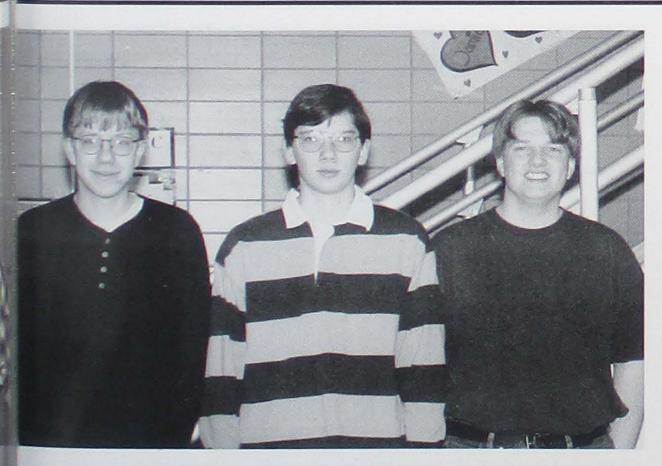
-Sophomore Steven Block

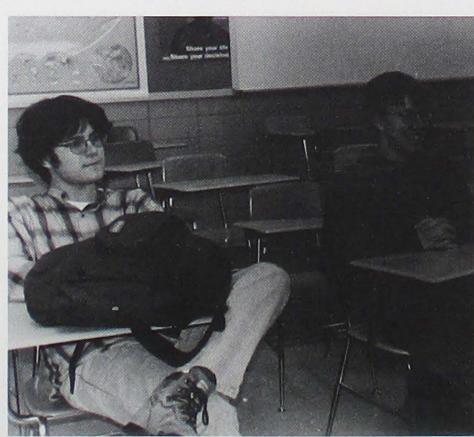
Advisor: Marvin Scott

Accomplishments: Acted as the United Nations for Ames High.

"Nobody really knows about Model UN but it's a lot of fun. Sarah Hegland and I are gonna whoop next year."

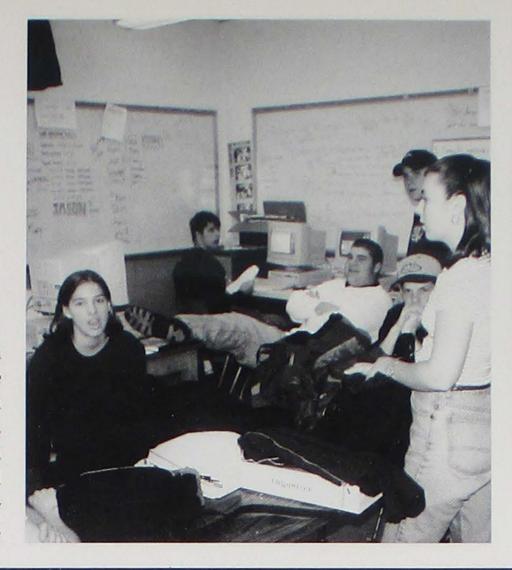
-Junior Katherine Anderson





Senior Uri Kogan and Junior Franek Hasiuk discuss their ideas for Model UN.

ranek Hasiuk, Joshua Prins, Steven Block.



Front Row: John Russell, Andrew Yee, Travis Nichols, Katie Geha.
Second Row: Brian Good, Ryan Kelley, Christina Bitz, Emily McElroy,
Mary Russell, Aaron Schropp. Back Row: Jason Clark, Erin Wentworth
Stephanie Donnell, Carrie Tett, Jason Rearick, D.J. Burgduff, Jake Bills.



Seniors Jason Rearick, Jake Bills, Aaron Schropp, junior Jason Clark, and senior Christina Bitz.

WEB

"Being on Web staff is nice because I know what's going on and it's fun to interview people."

Advisor: Darin Johnson

Accomplishments: Produced eleven issues covering student life over the course of the year.

"I liked working with the people on staff."

-Senior Christina Bitz

-Junior Jason Clark

SPIRIT

"Being Editor is one of those things that I'm so glad I've done but I'll never do again."

Advisor: Darin Johnson

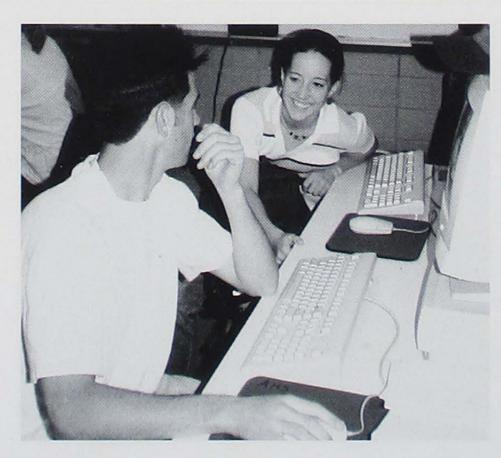
Accomplishments: We finished this book.

"The best part of SPIRIT was getting to know the crazy people that were on staff."

-Senior Karen Olson

-Senior Kristi McConnell

Junior Kristen McGeeney helps junior Zach Keller during Spirit.





Front Row: Karen Olson, Kristi McConnell, Jessica Pohlman. Second Row: Lori Olson, Erin Wentworth, Kristin McGeeney, Lori Bates, Andrew Brodie, Zach Keller. Back Row: Caity Birmingham, Corey Beck, Ross Wirth, Jason Rearick.

Front Row: Elizabeth Anderson-Hougland, Ellen Kitchell, Eugena Song, Strah Hegland, Jennifer Peyser. Second Row: Kirk Daddow, Sam Wong, Stansbery, Katherine Lamont, Nick Propes, Cheri Kruger. Back Row: Kathleen Leeds, Rachel Pleasants, Debra Peterson, Caity Birmingham, Elizabeth Malone.





Senior and
Co-Editor Joe
Stansbery and
freshman
Katherine
Lamont
participate in
a discussion
of submitted
pieces.

"Scratch Pad is one of the two or three activities that I enjoyed most, that made high school interesting for me."

-Senior Jennifer Peyser

SCRATCH PAD

Advisor: Kirk Daddow

Accomplishments: Created a literary magazine from students' submissions of writing and art.

"I value Scratch Pad as an outlet for student voices."

-Co-Editor Melissa Poague

CADET TEACHERS

"Working with the second graders in Ms. Butter's classroom at Fellows has been so much fun!"

-Senior Melissa Kinyon

Advisor: Elizabeth Middleton

Accomplishments: Worked with elementary school kids, helped out the teachers and learned how to teach.

"I have really learned a lot about patience and keeping a smile on my face no matter what happens."

-Senior Alyssa Speck



Alyssa Speck and Melissa Kinyon. Not pictured: Aubrey Bryant



Senior Alyssa Speck works with a student at Fellows Elementary.



Front Row: James Grant, Gina Russell, Claire Gilchrist, Annita Colbert, Katie Finn. Back Row: Suzanne Mendelson, Marleene Ehresman, Larry Hayslett, Betty Furr, Susan Shields, Vicki Crawford, Alan Junck.

RULES REVIEW

"I decided to be on it because I wanted to know more about the rules and change those that were not effective."

-Sophomore Claire Gilchrist

Advisor: Suzanne Mendelson

Accomplishments: Improved the rules at Ames High to meet the needs of students and faculty.

"This year we did something different. We tried to cut out a lot of the nonsense in the rulebook to make it better."

-Junior Katie Finn

TEK

"We got to fix a lot of student-generated problems which many of us had experience with." -Junior Tanner Beck

Advisor: Lilith Dorr

Accomplishments: Assisted in the computer lab.

"TEK has given me a new view on today's technology."

-Junior Brenda Jones

Front Row: Leslie Hall, Carolyn Jons, Brenda Jones, Richard Morrison, Ryan Jeffrey, Steve Peterson, Andy Buck. Back Row: Sam Miller, Luke Peterson, Tanner Beck, Dan Johnsen.



Emily Olson, Sam Wong, Elton Wong, Eric Roark.





Senior Eric
Roark prepares for an
upcoming
debate. Large
amounts of
preparation
were necessary to do
well in
competitions.
(Photo by
Jessica
Pohlman)

"I enjoyed travelling to other cities to compete. I improved my speaking ability and I'm a more relaxed speaker now." -Sophomore Sam Wong

DEBATE

Advisor: Marvin Scott

Accomplishments: Senior Elton Wong advanced to the 5th round at the State Competition.

"I liked debate because it gave me a chance to argue without getting in trouble."

-Sophomore Emily Olson

MOCK TRIAL

The best thing about Mock
Trial is the people, wearing
afro wigs, speaking with bad
foriegn accents and making
their own drugs."
-Senior Emily Dahlgren

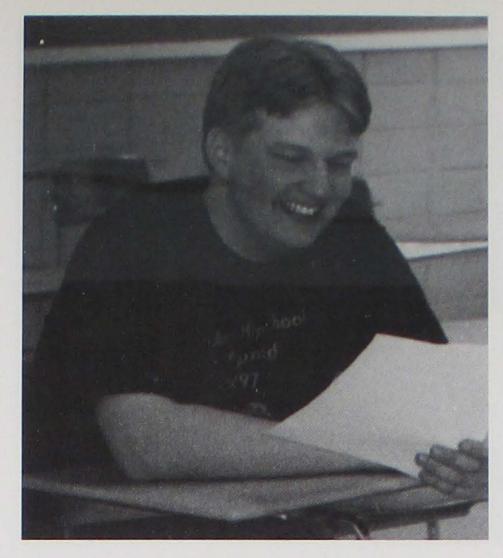
Advisor: Kirsten Sullivan

Accomplishments: Sent two teams to the State Competition.

"Mock Trial is the only
place you can explore that
barking lawyer deep inside
without actual criminal
proceedings."
-Senior Roz Scanes



Front Row: Sarah Lochray, Mary Russell, Eugena Song, Ankita Signh, Robert Scott, Wayne Shyy. Second Row: Emily Olson, Kathy Craig, Ryan Greenlaw, Ross Wirth, Josh Welters, Ben Stark. Last Row: Foy Spicer, Sara Anton, Daniel Haug, Meisha Colbert, Shawn Sebastian, Joe Stansbery.



Joshua Prins, Kevin Marasinghe, Josh Lapan, Steven Block, Kathry Polking.



Sophomore Steven Block, amused by a Science Bowl question (Photo by Jason Rearick).

SCIENCE BOWL

"I've always been interested in science so when Mr. Gibbons told me to take the test, I went for it."

-Sophomore Kathryn Polking

Advisor: Kirk Daddow

Accomplishments: Came in third place in Regional competition.

"I enjoy comparing my knowledge of science and how fast I can retrieve that knowledge to other people's ability."

-Junior Josh Lapan

SCIENCE OLYMPIAD

"My favorite part was nationals because it's when all the hard work pays off and I got see neat places."

-Junior Brian Wehner

Advisor: Peg Barber

Accomplishments: Came in 40th out of 52 in

competition.

"The best part is going to Nationals, we get to show what we know and what we worked for all year." -Freshman Fabiola Lopez-Arellano

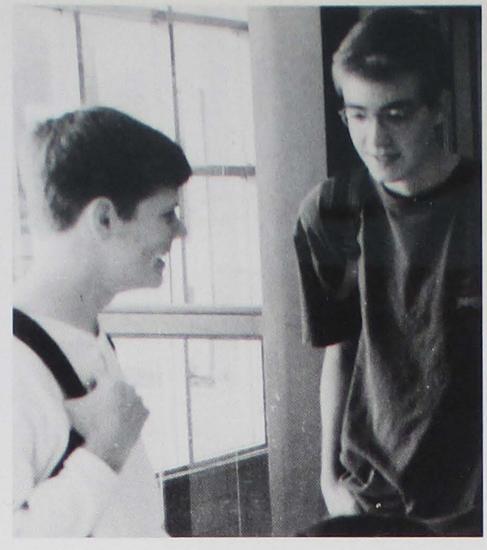
Juniors Tom
Allen and
Randy
Mathison sort
out bags of
Tootsie and
Caramel
Apple pops,
sold to raise
money for
Science
Olympiad
(Photo by
Jason
Rearick).





Row: Brian Wehner, Dan Fulgrad, LeAnn Manuell, The Aardvark I, Ryan Deper, Jaime Ogbourne, Jason Clark, Christy Rippey, Wendy Magadza, Jennifer Brandson. Back Row: Randy Mathison, Nick Bokhoven, John Minor, Andy Noonan, New Kamp, Dan Johanson, Franck Hasiuk, Eric Wenger, Taz Wagner, Tom Allen.





Juniors Jason Clark and Tom Allen discuss the trip to Florida after a FIRST meeting.

FIRST

"It was very complicated but I had fun and I explored a career possibility."

-Junior Wendy Magadza

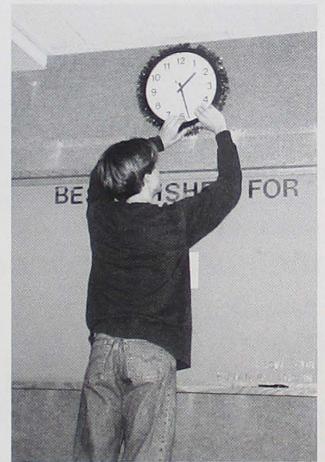
Advisor: Kirk Daddow

Accomplishments: Built a robot in conjunction with Iowa State students and traveled to Florida to compete.

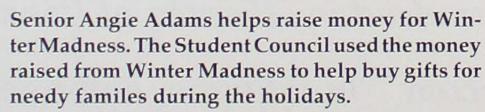
"I saw a lot of stuff work that I didn't think was going to."

-Junior Tom Allen





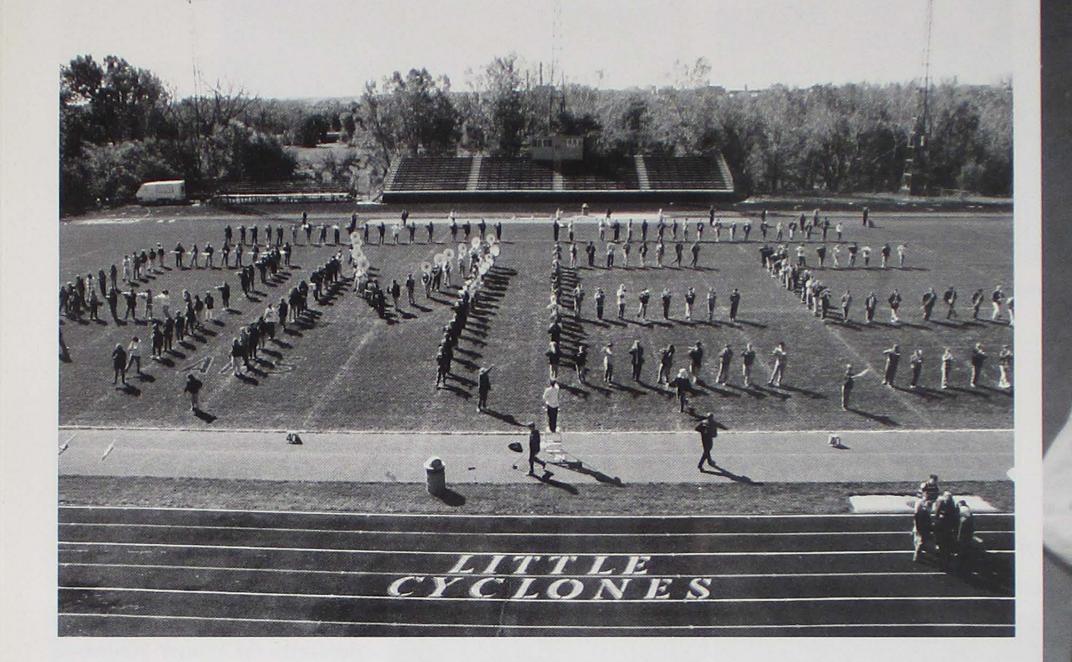
A Student Council member decorates for Winter Madness. Students decorated the lobby and other parts of the school with posters, garland and crepe paper.

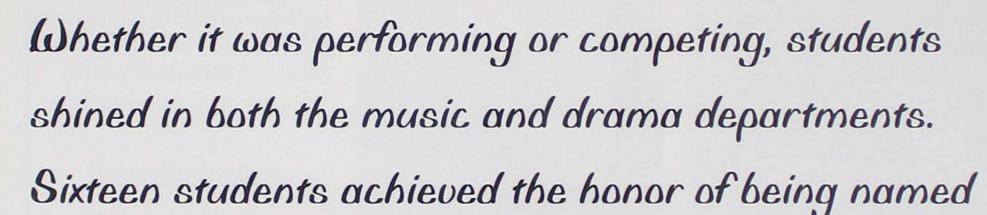


Senior Hosanna Hanson and junior Rachel Randall prepare to sing carols at Northcrest. In addition to singing, AHS volunteers handed out presents and visited with the residents.

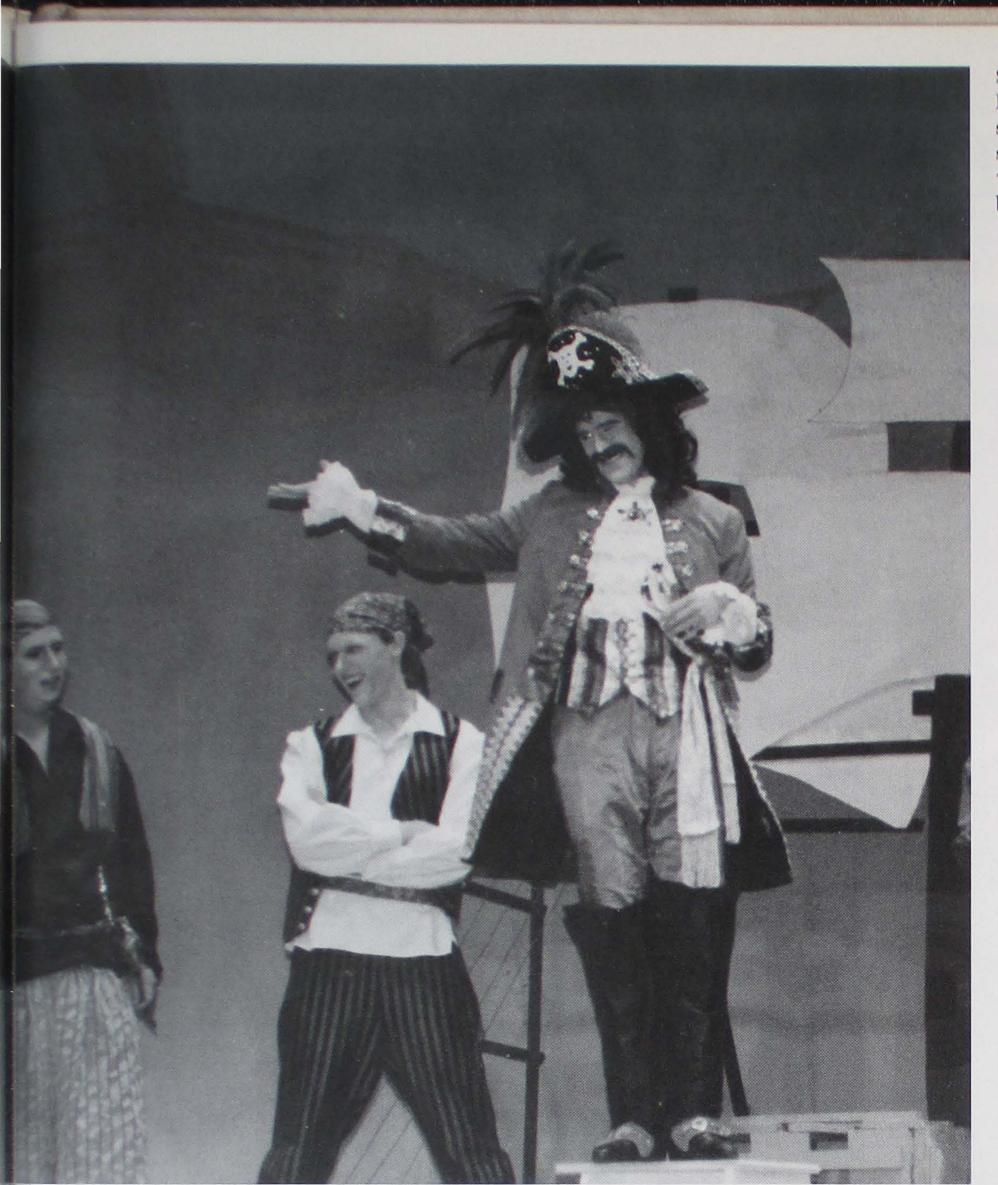


The marching band spells out "Ames" on the football field. (Photo by Jessica Pohlman)





to All-State by competing at a high level in band, choir and orchestra. The drama department put on a variety of productions ranging from a cast of over one hundred in "Pirates of Penzance" to only ten performers in "Count Dracula." In addition, eight senior directed One Acts. Throughout the year, students participating in concerts, productions and competitions shared their musical, acting and dancing talents.



Sophomore Spencer Mickelson, senior Phil Duple, sophomore Danny Taylor and senior Chris Tuttle perform "Pirates of Penzance." (Photo by Jessica Pohlman)

Walk of Fame Derforming Arts - 157

Treasure Found

by Vanessa Kuo

Once in a while, three years to be exact, something great comes to our school. A musical is performed instead of the usual fall play. Pirates of Penzance was put together by the drama department as the replacement for the fall play.

"Musicals are fun because you get to combine singing and acting," junior **Louise Rothschild** said. "They are a lot of work, but it always pays off in the end. The audiences were great, which made performing even more fun."

Feelings of satisfaction were all around. The time consuming, stage filling event was a proud display of the student's hard work.

"Participating in Pirates was, for

me, one of the most challenging activities in high school and definitely the most exhilirating," senior **Uri Kogan** said.

For some students this was a way to meet more people. The many hours spent rehearsing for the musical provided times for the actors and actresses to bond.

"I met a lot of new people—working with over a hundred people does that," freshman **Carol Adams** said.

Whether meeting new people, learning the musical in only six weeks or feeling a sense of satisfication, the actors and actresses conveyed all their enthusiasm for their musical throughout their perfomance.

Seniors Kathy Craig and Steffi Drewes sit and fan themselves. Craig and Drewes played two of the many daughters in the musical. (Photo by Jessica Pohlman)



"The theater program exposes you to people would otherwise probably never meet."

-Spencer Mickelson

"I like the other people. I like making new friends. I l

ing new friends. I like being a ruthless pirate."

- Dan Braun

Siebert made up an entire new verse after messing up."

"It was

Sara

cool how

- Sofia Mosesova





Senior Chris Tuttle, who played the Pirate King, and his pirate crew try to convince senior Uri Kogan to stay in the crew. (Photo by Jessica Pohlman)



Senior Uri Kogan embraces senior Melanie Mickelson. "It was easier for me to memorize lyrics instead of lines because it was set off to music," Mickelson said. (Photo by Jessica Pohlman)

The police squad, led by junior Mark Anderson, is detained by the pirates. The squad was trying to protect the General's daughters but instead was caught. (Photo by Jessica Pohlman)





The police squad launches an attack against the pirate crew from the orchestra pit. The muscial wasn't confined to the stage. It utilized the whole auditorium. (Photo by Jessica Pohlman)



uniors Amber Weiers and Bri Magel, two of many daughers of the General, play pattycake while on a newly discovred island. (Photo by Jessica Pohlman)



To pass the time before and during the musical, sophomore Danny Taylor and senior David Goodfriend play a friendly game of cards. (Photo by Jessica Pohlman)

Seniors Phil Duple and Matt Wee portray drinking gentlemen shoppers while senior Andrew Hoiberg tries to sell merchandise. (Photo by Jessica Pohlman) Senior Travis Nichols gives advice on pets while his assistant, played by sophomore Heather McElvain, stands in the background. (Photo by Jessica Pohlman)



Frank
Trumpy,
Travis
Shore, Sofia
Mosesova,
Kathleen
Leeds, Dan
Genalo, and
Matt Wee
shake their
stuff during
their curtain
call. (Photo
by Jessica
Pohlman)



Senior Dan
Ehresman,
freshman
Carol
Adams, and
senior
Travis
Shore in
"The
Unicorn in
the Garden." (Photo
by Jessica
Pohlman)







Senior Ryan Greenlaw reads a letter in the presence o senior Denise Mix who was playing Blagley in the skit "File and Forget." (Photo by Jessica Pohlman)



NUDLS I

GRANDA!

enior Clare Deiter reads from <u>Grandma</u>

<u>tas a Nudis</u>t while she secretly plots to kill
er husband who wants to bury her in the
asement. (Photo by Jessica Pohlman)

Flying Thurber

by Kristen McGeeney

A carnival is an organized program of entertainment or exhibition. Thurber Carnival, the year's winter play, was no exception. It was wild, it was crazy and it made everyone laugh.

Thurber Carnival was a collection of works by James Thurber that was thrown together into a crazy performance that kept everyone guessing as to what the point was.

"A carnival is crazy with so many different things going on, and that's what it was, a bunch of different, crazy plays," said senior Julie Tosten. "It was a fun play because Thurber is such a crazy guy."

The play involved many students through the various crews and a very

big cast. The participants dedicated much of their time and effort to accomplish the end results of this year's funniest play.

"I dropped my pencil out of my hair opening night, faked my lines the second night, and I looked like an alien the last night because I had two pencils stuck in my hair," said senior Denise Mix. "Our scene was hilarious because I played opposite Ryan Greenlaw. I had to breathe out of my nose so I wouldn't burst out laughing at him."

Thurber Carnival was not only entertaining, but it also taught the audience about moral situations. Any play that taught us not to count our boobies, had to be great.



Seniors
Jason
Lippard
tells a story
of his life in
the Keys to
senior Matt
Corones.
(Photo by
Jessica
Pohlman)



"The best part was that everything was made of card-was a big

board. It was a big cast with a lot of neat people."

- Aaron Ritz



"All that anyone remembers of my thirty

seconds is that I wore bright yellow shoelaces on the first night."

-Kate Christiansen



"It was a lot of fun and Hank (Hanson) was cool."

-Anna Blaedel

Swords & Song

by Zach Keller

Jolly people in purple tights. While this might sum up their performance attire, it doesn't quite do them justice.

The Madrigal dinner/theatre production was an annual celebration of twenty-eight of the high school's premiere singers. While the audience was wined and dined, the performers put on skits and songs in a Renaissance sort of way.

"There's always satisfaction in seeing what you've worked on so hard be enjoyed by so many people," junior **Mark Anderson** (a prince) said.

A production of this magnitude, however, cannot be thrown together, and a lot of extra work went into the whole show. Many practices were held, and some were a little more difficult than others, namely the ones held at 7 in the morning.

"When you have a bunch of half as leep people with morning breath, singing, that's not a good thing," junior **Christy Rippey** (a countess) said.

Christmas parties and company gatherings prepared the singers for madrigal dinner. Such festivals and events created a tight knit group, and helped friendships form between many of the chamber singers.

"Chamber singers has been the highlight of my choir experience, and when I look back, I'll remember singing at madrigal, especially the "Little White Hen" song," senior **Michael Morain** (a baron) said.

The madrigal court waits to begin their performance the evening. (Photo courtesy of Melanie Mickelson)



"Singing with such talented people was awe-some, but watching the guys put on eyeliner was even better."

-Melanie Mickelson

"Everyone in madrigal is not only a great

singer, but a great person also. That makes all the times together fun and enjoyable."

-Alan Hertz

"It's fun
getting
into Renaissance
costumes
and the

whole atmosphere of Old England. Every bit of practice is worth it."

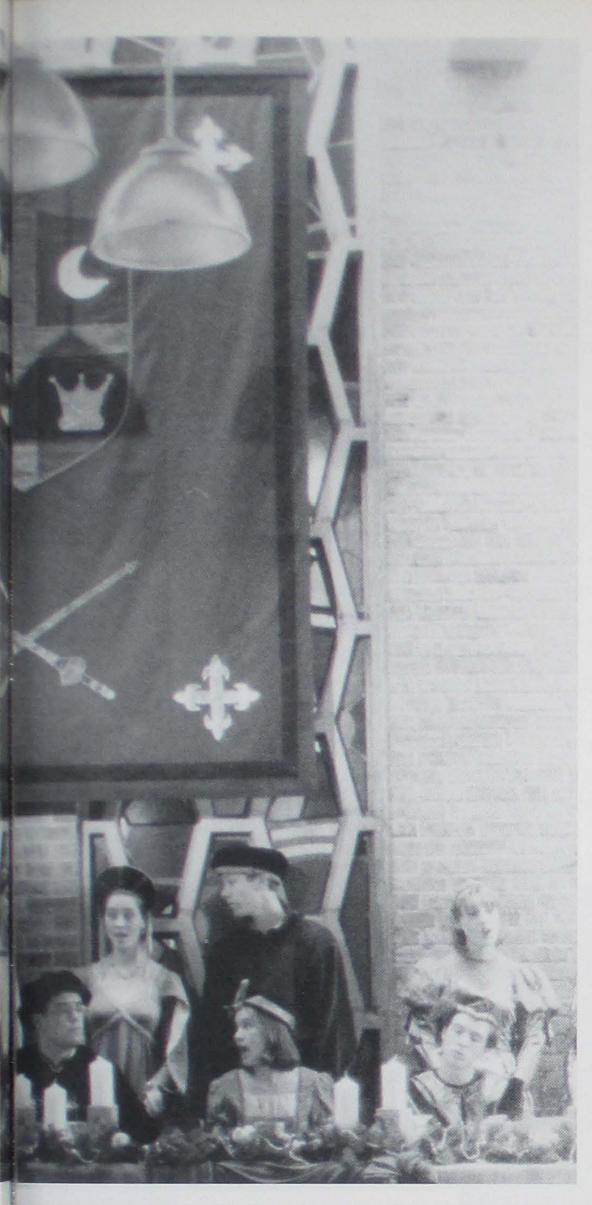
-Bri Magel





Senior Ellen Kitchell prepares her costum for the madrigal dinner. (Photo by Jessic Pohlman)

162 Madrigal



The Madrigal court performs a song for the audience at Bethesda Lutheran church. (Photo by Julie Tosten)

The Madrigal court performs a skit during the evening festivities. (Photo by Julie Tosten)





Members of the court file in and take their positions at the table. This is the ceremonial beginning of each performance. (Photo courtesy of Melanie Mickelson)



CHAMBER SINGERS Front: Rebecca Hunter, Sarah Madsen, Erica Riedesel, Melanie Mickelson, Meagan Duple, De Anna Swyter, Brianne Magel, Emily Kell, Renessa Osterberg, Ellen Kitchell, Kara Zeimet, Kirsten Crase, Elisabeth Kracher. Second: Christy Rippey, Leah Theesfield, Chris Tomlinson, Marc Scholten, Michael Morain, Dave Cheney, Mark Anderson, Nathan Anderson. Back: Naron Katz, Josh Prins, Spencer Mickelson, Nate Voelker, Jon Titus, Kathy Craig, Chris Tuttle



Senior Jon Titus, senior Kathy Craig and junior Mark Anderson pose for a photo after the madrigal dinner. (Photo courtesy of Melanie Mickelson) Senior Lindsay Peters and Junior Wendy Magadza enthusiatically perform "Annie are you OK?" (Photo by Jessica Pohlman) Senior Ryan Greenlaw reads poetry from Leonard Nemoy, a still life skit that gave the show variety. (Photo by Jessica Pohlman)



Freshman
Katy
Crawford
and senior
Erica
Riedasal
concentrate
on their
steps during "It's Oh
So Quiet"
by Bjork.
(Photo by
Jessica
Pohlman)



Junior Elizabeth Malone and sophomore Ankita Singh get in their position for the beginning of their dance. (Photo by Jessica Pohlman)







Seniors Chad Mortensen and Joe Stansbery struts their stuff in the all boy dance choreographed by Tanner Hronek (Photo by Jessica Pohlman)



Senior Dana Doran stands on stage in disgust before her dance with junior Tanner Hroneck (Photo by Jessica Pohlman)

Different Moves

by Erin Wentworth

Terpsichore was an opportunity for students to choreograph the dances and express themselves through poetry and music to the student body and the community.

"It is a great way for students to express their talents and the student body to recognize fine arts in the school," junior Hillary Barta said.

The performances were held on February 6, 7 and 8 at 7:30 in the evening. Through a class advised by Physical Education Instructor Mary Kautzky, students put together a variety of dances.

Ames High students enjoyed coming to the performances to see other people from their school perform and to see their friends.

"It was neat to see my friends up on stage dancing," junior Emily Stolemeier said. "I also like seeing what the students will come up with for dances."

The dances were targeted at the students, so the choreographers tried to have fun with them.

"The best dances are the ones that are just funny to watch because students make fools of themselves," sophomore Ryan Paul said. "Annie, are you OK?' was really funny."

Some students from Terpsichore were recognized at the fine arts assembly for their time and effort put into the production. All dancers and choreographers worked hard to make Terpsichore a success.



Senior Ryan Greenlaw and sophomore Ankita Singh waltz to various television theme songs in a dance by Emily Mize and Priya Kothari. (Photo by Jessica Pohlman)



next."

"It was entertaining and kept you wondering what was going to happen

- Terri Stalheim



raphy."

"I liked watching the dances, and it was fun to see the students do there own choreog-

- Mary Russell



"Terpsichoreis all about dancing and pineapple

pizza- both of which I enjoy."

-Priya Kothari

Count Dracula

by Kristi McConnell

Count Dracula offered a different look at high school drama contrasting from the earlier productions that featured large casts and comedy. Only ten actors and actresses made up the cast of the serious drama.

"I liked the small cast," junior **Dan Braun** said. "It was a really great cast
and it was a lot of fun working with
everybody."

Because the play had a small cast, the characters were more developed, and in some cases more challenging. This gave the actors and actresses a chance to become more involved in the characters and have fun with their roles.

"Playing the crazy guy gave me a

chance to act insane in front of a lot of people," senior **Steve Gartz**, who played Renfield, said. "Not many people get to act crazy <u>and</u> receive applause afterwards. I was also glad to have the opportunity to wear pajamas and go barefoot in front of an audience."

Though at times Count Dracula required long hours of rehearsing along with many mornings of working on sets, it was agreed that the end product was a success.

"This was definitely the most challenging role, but it was worth it," junior **Sofia Mosesova** said. "I still have people come up to me and comment on my performance."

Junior Dan
Braun,
senior Sara
Siebert and
junior
Tanner
Hronek
attempt to
diagnose
Mina's
(Siebert)
illness.
(Photo by
Jason
Rearick)



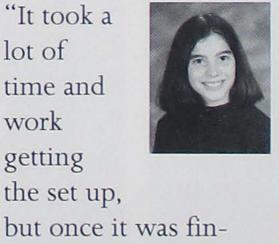
"I love the cast of 'Dracula.' It's a lot more work, but I really enjoyed it."

-Andrew Hoiberg

"We worked on the set six Saturdays and

six Saturdays and two Sundays and every day after school the week of the play."

- Ryan Jeffrey



ished really impres-

sive."

- Linnea Woline



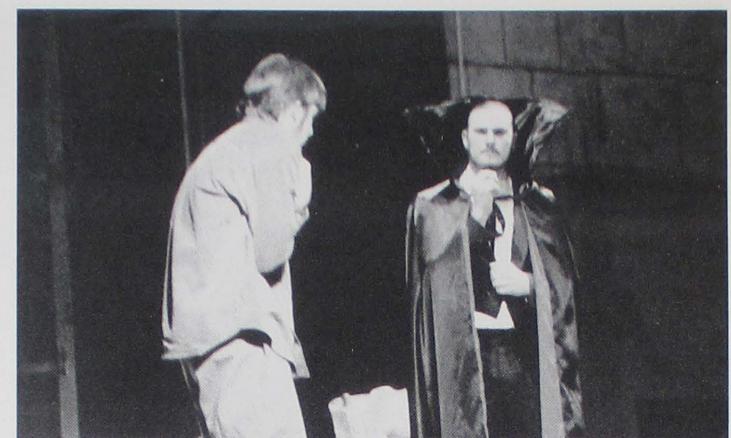


Senior Andrew Hoiberg, as Count Dracula puts junior Sofia Mosesova into a trance (Photo by Jason Rearick)



Reinfield (senior Steve Gartz) kneels at the feet of his "master" Count Dracula (senior Andrew Hoiberg). (Photo by Jason Rearick)

Senior Andrew Hoiberg ponders the next step in his plan while senior Steve Gartz looks on. (Photo by Jason Rearick)





Senior Andrew Hoiberg and junior **Tanner** Hronek walk through their lines during practice. (Photo by Jason Rearick)



Sophomores Tom Popelka and Spencer Mickelson attempt o take an unwilling patient, senior Steve Gartz (Reinfield), pack to his cell while senior Phil Duple looks on. (Photo by ason Rearick)



Senior Andrew Hoiberg (Count Dracula) attempts to put senior Sara Siebert (Mina) under his control. (Photo by Jason Rearick)

The pirates, led by Chris Tuttle, plan their attack on the General in Pirates of Penzance. (Photo by Jessica Pohlman)

Senior Andrew Hoiberg plays the part of the wolf in a version of "Little Red Riding Hood" in Thurber Carnival. (Photo by Jessica Pohlman)

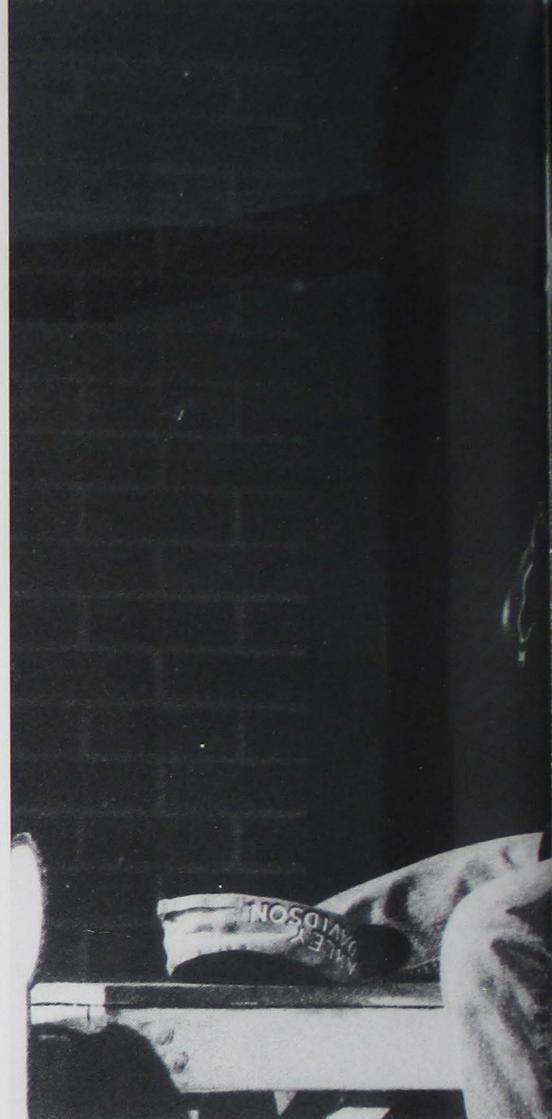


Surrounded by her "sisters," senior Aubrey **Bryant** stares in horror at the pirates in Pirates of Penzance. (Photo by Jessica Pohlman)



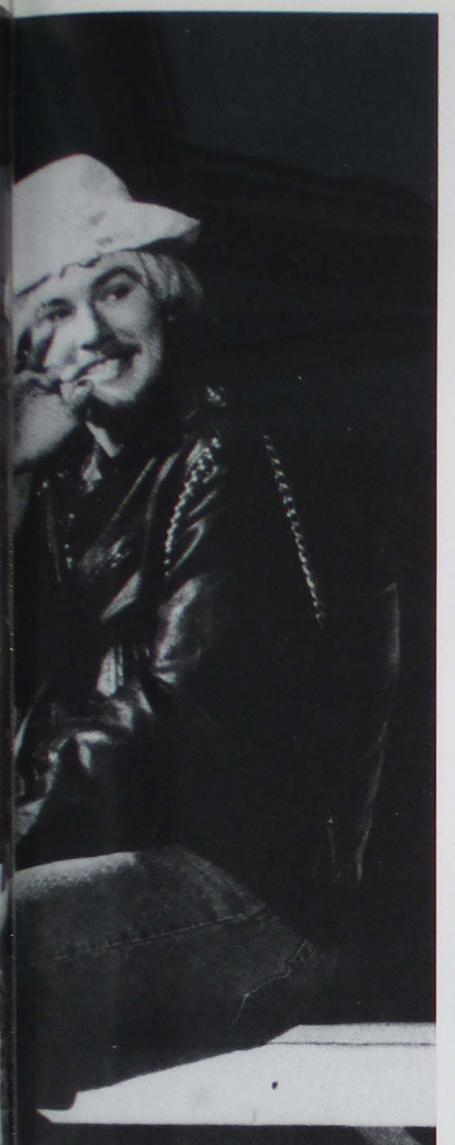
The police squad plans their surprise attack on the pirates in Pirates of Penzance. (Photo by Jessica Pohlman)







Senior Melanie Mickelson converses with the police chie junior Mark Anderson, in Pirates of Penzance. (Photo b Jessica Pohlman)



The daughters in the musical Pirates of Penzance stand in fear of the pirates. (Photo by Jessica Pohlman)

Draws to Drama

by Kristi McConnell

hether it was as a part of a crew or a role in the cast, the drama department sparked student interest. Drama allowed students to showcase their talents and explore different lives.

"I like being involved in drama because it allows you to create other people in a character," senior Sara Siebert said. "I take people's habits and create a new person out of it."

There were other ways to be involved without being on the cast. Many students actively participated in crews. The work in crews ranged from finding costumes and props to constructing sets to operating the lights on performance night. Crews were an opportunity for students to get involved and meet new people. Besides new friends, crew members found new skills, especially through their work on the set. The crew members built the sets themselves with little outside help.

"It was awesome because you got to know everyone," freshman Anna Blaedel said. "It was a big party."

The productions required hours of dedication, the rehearsing lines and working on crews. The time together not only produced a successful play, but also a closeness among the cast and crew. Sara Siebert described the feeling that evolves from the late nights and early mornings of preparation.

"It became our own family because we had worked so long together," Siebert said.



Senior Dan Ehresman, freshman Carol Adams, and senior Travis Shore in one of the many skits within Thurber Carnival. (Photo by Jessica Pohlman)

1996-97 Drama Productions

•Musical:

Pirates of Penzance

•Winter Play:

Thurber Carnival

Spring Play:

Count Dracula

Senior-Directed One Acts

Hitting High Notes

by Ross Wirth

Arts wing during choir practice they could hear harmonious voices raised in song. Choir was one of the most popular electives at Ames High. About 300 people were involved in the choir, each for their own reasons.

"I joined choir because I wanted to have an extra-curricular activity that was fun and relaxing," sophomore **Sarah Lochray** said. "I also like to sing and wanted to improve my ability."

Students were involved in choir for more obvious reasons: to sing and enjoy themselves. Students were accepted into choir regardless of their faults and imperfections.

"I love to sing," freshman Susan Vleck said. "It's fun even though I'm not that good."

Some students joined choir not only because they enjoyed singing but to spend time with their friends and to escape the boredom of study hall.

"I joined choir because I like to sing," sophomore **Cory Ungs** said. "And I don't have to sit through study hall."

The vocal music department held four concerts this year. Students in choir enjoyed the benefits of their hard work and perseverance of the weeks prior to the concerts.

For some students choir was their best class. They looked forward to it throughout the day. They enjoyed not only singing in choir but listening to others as well.

Freshmen Doug Haughton, Andrew Kingsbury, Josh Welter, and Kevin Schainker wait for their part of a song during choir pratice. (Photo by Jason Rearick)



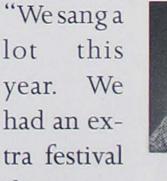
"Choir is my island of fun between Civ. and Spanish."



"I like Mr.
Linn's and
Hannah
Keeling's
piano
playing the



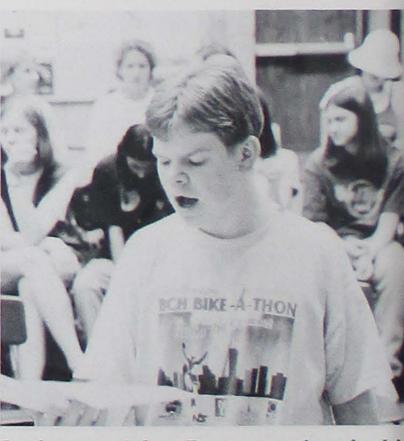
piano playing the most."



this year along with the usual competitions and chamber singers."

- Jon Titus





Sophomore Adam Doran practices for his solo in a choir concert. (Photo by Jasor Rearick)

-Aaron Katz

- Sarah Lochray



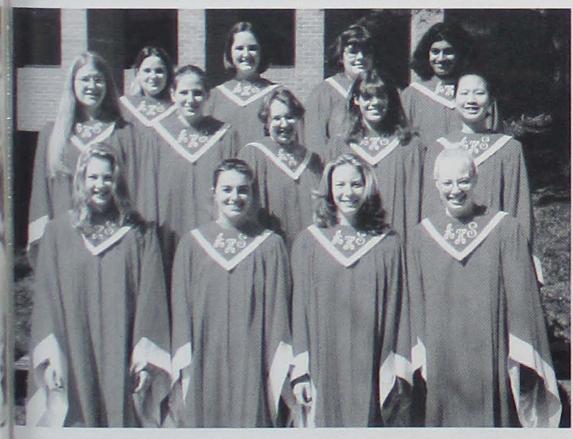
Choir director Steve Linn gives the choir final advice, before the end of the year. Being in choir required that students give their full attention to the director. (Photo by Darin Johnson)

Choir director Steve Linn directs the choir in praticing for an upcoming concert. Andrew Lloyd, Derek Bjelland, and David Lastine sing along. (Photo by Jason Rearick)





Steve Linn helps the sophomore choir prepare for Large Group contest, an annual competition that all choirs participate in. (Photo by Jason Rearick)



TREBLE CHOIR: Front: Karen Bittner, Katie Walquist, Sarah lones, Katherine VanRoekel. Second: Sara Antion, Rebecca Raines, Michelle McCracken, Katherine Staudt, Betty Chang. Back: Ariel Lundy, Anna Blaedel, Rebecca Waits, Manisha Gadia.



The concert chorale performs Cloths of Heaven at Commencement. This had special meaning because it was the last performance for seniors. (Photo by Darin Johnson)

Seniors Anne Barnhart and Jennifer Peyser rest between pieces. (Photo by Lori Bates) Junior Josh Lapan, senior Michael Chang, and junior Randy Mathison practice with their tubas. (Photo by Lori Bates)

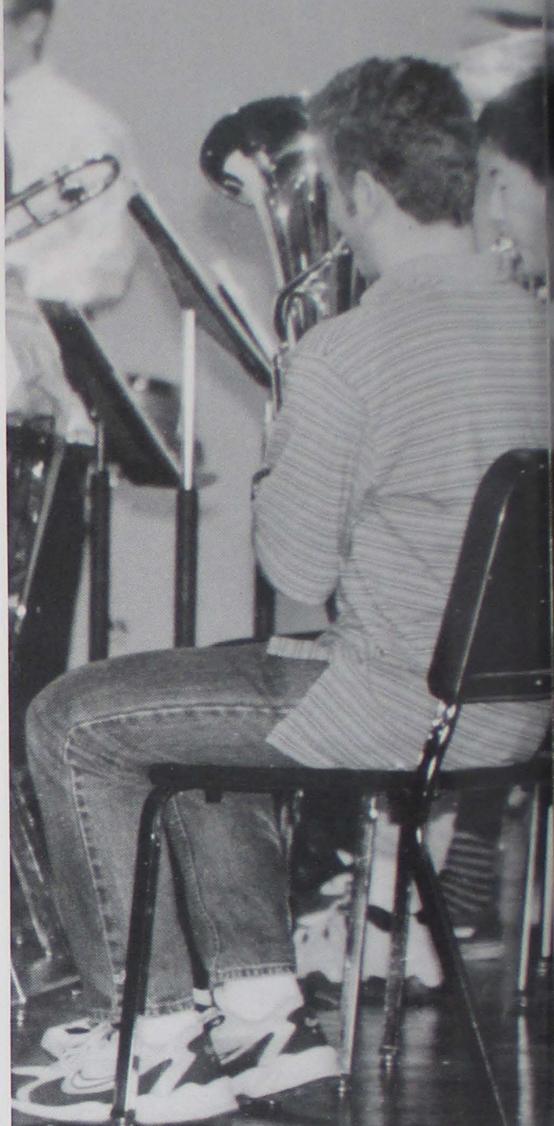


Orchestra
concerts
were a fun
and exciting
way to
show off
the students'
talents.
(Photo by
Jessica
Pohlman)



Front: M. Mickelson, M. Morain. Second: M. Gardner, L. Rudophi, R. Chako, J. Dickson, P. Sibbel. Third: M. Stephenson, K. Dunlay. Fourth: K. Nelson, R. Strom, K. Craig, K. Crase. Fifth: E. Kracher, J. Watson, R. Beeman, A. Barnhart, M. Anderson, D. Jeong. Back: N. Propes, R. Haynes, D. Peterson, E. Dunham, M. Nelson.







Froat: Jim Norris, Joe Ward. Secoad: Hannah Dobbs, Sarah Lochray, Jessica Pohlman, Justin Ward, Annie Gatewood, Ki Whoon. Talini Greg Elliot, Patricia Lustgraaf, Maya Hayslett, Ashley Younie, Priya Kothari, Millie Dowling, Andrew Chol. Fourth: Naomi Slutski, Eugena Song, Emma Mallarino, Melissa Kauzarich, Adina Rollins, Sarah Harsen. Fifth: Elizabeth Makme, Katle McKleman, Kristine Koehler, Jessica Bents. Sixth: Geoff Roughtun, Wayne Shyy, Lesh Theesfield, Amanda Lindberg, Agnieszka Pate, Ankita Singh. Seventh: Dan Slutzki, Michael Chang, Cassie Rice, Elaine Wells-Gray, April Lubow, Allyson Prater. Back: Daniel Hummer, Christoph Nedopil, Dan Murray, Eric Roark, Erin Peiffer, Molly Bungert.



students accompany the orchestra. by Jason Rearick)

Symphonic Sounds

by Corey Beck

Making music and having fun were just two of the reasons students at Ames High took orchestra as an elective. A change from normal classroom activities, orchestra gave students a break from the busywork that often filled the rest of the school day.

"Orchestra is the sweetest class at Ames High," junior Joe Ward said. "The relaxed atmosphere is a great change from the ordinarily stuffy mood of most classes. It's a chance to unwind and have fun."

Fun was a major reason many students chose orchestra as an elective. The chance to play with other students who were also interested in music was a chance too good for many students to pass up.

"I can always count on orchestra to make my day better," senior Andrew Choi said. "It's great to belong to a group that dedicates themselves to their performance."

Other students liked orchestra for its artistic aspects.

"I love creating music, so playing it on my violin is a great experience," senior Millie Dowling said. "Getting school credit to do something I would do anyway is fantastic."

Despite the fact that the students had to give up open lunch, all agreed that orchestra was a great activity that was well worth the time it took.



The violin section, led by senior Christoph Nedopil, sophomore Eugena Song, and senior Andrew Choi play a piece during an orchestra concert. (Photo by Lori Bates)



"We needed to have more concerts so we could take up class time."

- Wayne Shyy



"Orchesta was definitely my favorite class because

we didn't have homework."

-Ankita Singh



"Making new friends and getting to know

people was the best part about it.

-Melissa Kauzlarich

Tooting My. Horn

by Corey Beck

For many students at Ames High, band was the best part of school. They felt that it was the highlight of a day otherwise spent in boring classes doing busywork and listening to lectures.

"I look forward to band every day," senior **Anthony Hartman** said. "The relaxed atmosphere is a great change from the ordinarily stuffy mood of most classes."

Fun was a major reason students chose band as an elective. The ability to play music and goof around at the same time was a bonus for many students.

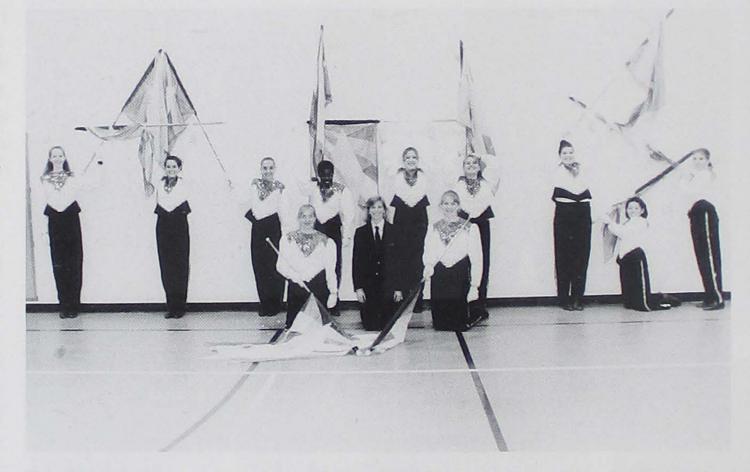
"I can always count on band to brighten up my day," senior Melanie Mickelson said. "We're always laughing at something or someone, especially when someone makes a mistake and has to improvise a piece."

Other students liked band for the leadership opportunities.

"I love being a drum major," said junior **Bjork Hill**. "Everyone is counting on you to tell them what to do, which is really exciting. Of course, when I mess up, everyone else gets messed up, too. It has to be one of the coolest jobs in the world."

Most students agreed that band was a fun and exciting experience that everyone enjoyed and benefitted from.

The Ames
High Flag
Corps was a
major part
of the
halftime
shows at
Little
Cyclone
home
football
games.
(Photo by
Jessica
Pohlman)



"The band was very important to get the crowds fired up at sporting events."

-Devon McClurken

great
activity
full of
funloving
and friendly people."

"Band is a

"Sometimes the officers were annoying,

were annoying, but band was still a lot of fun."

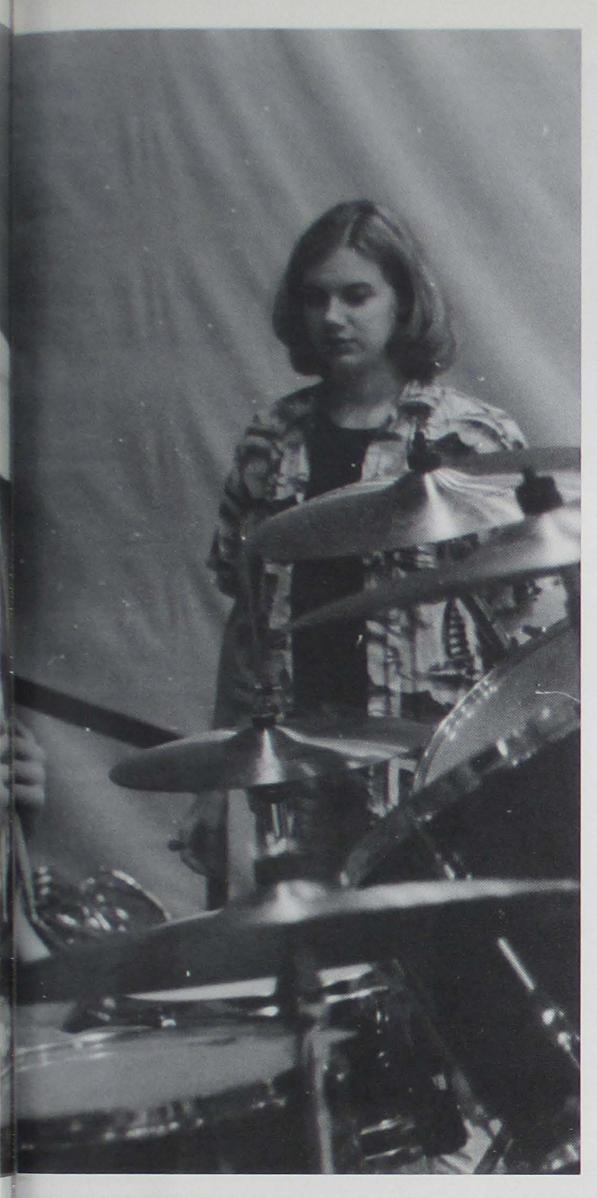
-Ryan Beeman

- Isaac Bills





The pep band plays the school fight song "Ames High Aims High" at halftime of the varsity home game against Valley High School. (Photo by Jason Rearick)



Junior Ethan Dunham goofs around with his drumsticks while senior Rachel Abbott looks on. "Drumsticks are useful for nose itches," Dunham said. (Photo by Jason Rearick) The pep band warms up before playing the school fight song, "Ames High Aims High" at a varsity boys basketball game in the Ames High gymnasium. (Photo by Jason Rearick)





The trumpet line was a major part of the pep band's brass section. "The trumpet's the best instrument in the band," senior Paul Sibbel said. (Photo by Jessica Pohlman)



Band concerts were a fun and exciting way to show off the marching band's talent. "Playing in front of a crowd really gets the adrenaline going," junior Josh Lapan said. (Photo by Jessica Pohlman)



The marching band practiced outside, even in bad weather. "We froze our rears off near the end of the season," senior Jake Bills said. (Photo by Jessica Pohlman)

performance Croups

JAZZ I: S. Gartz, J. Lippard, J. Prins, I. Bills, J. Minion, P. Sibbel, M. Anderson, D. Jeong, J. Bills, A. Hertz, I. Haynes, M. Gardner, R. Beeman, B. Hill, J. Lapan, K. Oklishi, N. Propes, E. Wong, B. McGeeney.





FRESHMAN BAND: K. Kopecky, M. Ho, J. Scanes, C. Kracher, T. Tyler, J. Hamilton, R.n Matzke, L. VanFleet, H. Rowings, C. Hayes, A. Colony, T. Liu, D. Haug, E. Vogel, J. Oftedal, S. McConnell, K. Boysen, J. Siefert, E. Beavers, C. Adams, E. Anderson-Hoagland, S. Tapper, G. Montgomery, L. Woline, A. McElherne, J. Brinkmeyer, L. Woline, L. Schaefer, R. Hall, J. Brace, D. Jeong, D. McClurken, B. Barker, K. Sampson, J. Strasburg, S. Bern, J. Taege, R. Neumann, A. Belle, M. Ward, L. Coffman, M. McDuff, C. Maxey, J. Melchert, M. Darbyshire, P. Chidister, N. Voelker, J. Tryon, I. Bruner, A. Ferris, T. Sellers, K. Leeds, J. Stephenson, K. Laferriere, R. Marquardt, A. Blaedel, A. Shelley, A. Thompson, J. Larson, M. Mize, E. Crawford, K. Strom, N. Lueth, A. Faeth, D. Rothschild, B. Stover, J. Ohman, B. Cheney, A. Webb, A. Otteman, M. Larwick, S. Goldman, J. Christian, A. Cowan, B. Lambi, A. Dedecker, M. Helland, J. Hugdahl, K. Nichols



JAZZ II: D. Jeong, J. Clark, M. Chimenti, N. Slutzki, K. Polking, L. Coffman, C. Maxey, M. McDuff, A. Jensen, N. Voelker, P. Chidester, M. Darbyshire, J. Melchert, S. Townsend, B. Whalen, A. Shelley, L. Healy, J. Minion, J. Larson, K. Marasinghe, M. Ho, J. Rhoads, S. Wong.



FRESHMAN CHOIR: Front: B. Feeley, E. Trevillyan, K. Koehler, J. Sheldon, A.Brannon, A. Van Auken, L. Woline, C. Tice, K. Weitzel, L. Woline, B. Roberts, B. Lien, A. Canny. Second Row: A. Shelley, J. Brace, R. Bartels, S. Vleck, A. Hronek, A. Harmon, A.n Propes, G. Russell, J. McCauley, J. Seifert, H. Chang, E. Johnston, L. Sokoll, R. Schoelkoph. Third Row: J. Tuttle, S. Krumm, K. Keamey, S. Schmaltz, J. Coy, A. Webb, K. Strom, N. Weirson, N. Booth, C. Tucker, S. Meyers, C. Adams. Fourth Row: J. Small, M. Thomas, W. Charlson, M. Ritz, C. Hayes, K. Lamont, H. McEachren, S. Hansen, T. Downs, C. Kracher, E. Vogel, N. Olson, S. Dorr, B. Rhodes. Fifth Rown L. Burhenn, M. Flaws, A. Van Der Valk, N. Voelker, C. Maxey, A. Nakagawa, M. Zimmerman, L. Ziebol, R. Harman, K. Shainker, J. Welter, D. Houghton, J. Britson, A. Kingsbury.



CONCERT BAND: A. Barnhart, A. Beisser, E. Bovenmyer, A. Brown, R. Chacko, E. Dahlgren, A. Diesburg, M. Dowling, R. Glatz, L. Goodwin, H. Herold, A. Johnson, E. Kitchell, K. Leeds, B. Maroney, P. Madsen, K. Melby, M. Mickelson, J. Newton, E. Oson, J. Peyser, E. Prater, D. Roy, L. Rudolphil, J. Scott, R. Thomas, L. Van Horn, S. Wilson, S. Ziegler, J. Carpenter, J. Dickson, H. Keeling, E. Kracher, K. Schilling, M. Shill, A. Van Brocklin, K. Craig, K. Dunlay, A. Hill, P. Lustgraaf, S. Niemand, R. Abbott, A. Adams, G. Alton, A. Carter, M. Chimenti, K. Crase, R. Ewick, K. Friedrich, S. Cemmill, A. Gunning, J. Hardy, M. Jacobson, B. Janke, R. Jeffrey, B. Koppenhaver, M. Laferriere, A. Ling, N. Long, K. Marasinghe, C. Meyers, K. Polking, K. Poorman, Y. Sahar, N. Shutzki, H. Smith, A. Snoops, C. Ungs, J. Watson, K. Wilkins, A. Butin, B. Lewis, R. Pleasants, L. Van Deusen, J. Obrycki, T. Allen, J. Clark, J. Davis, S. Gartz, R. Hansell, E. Heideman, B. Heller, J. Hinrichsen, R. Kelly, J. Lee, J. Lippard, H. McEinoy, C. Morterson, N. Place, K. Seiler, J. Stansbery, D. White, I. Bills, S. Hurburgh, J. Prins, K. Anderson, J. Day, J. Minion, M. Anderson, S. Anderson, J. Bills, S. Block, B. Brinkmeyer, J. Diesburg, A. Hartman, A. Hertz, L. Heideman, A. Jensen, D. Jeong, R. Larson, S. Mickelson, S. Petersen, A. Ringlee, P. Sibbel, S. Townsend, M. Vander-Zyl, E. Watts, B. Whalen, A. Hade, B. Magel, B. Miskimins, M. Morain, K. Nelson, A. Ritz, M. Stephenson, R. Strom, N. Vos, R. Beeman, B. Braymen, T. Ganzer, M. Cardener, R. Haynes, L. Healy, B. Hill, R. Keeling, M. Miller, J. Mowers, M. Olson, J. Rhoads, M. Chang, S. Kitchell, J. Lapan, D. Miller, J. Minion, A. Albaugh, J. Clyde, A. Forney, N. Ginder, R. Mathison, N. Propes, J. Anderegg, D. Braun, E. Dunham, T. Huiatt, B. McGeeney, R. Mukerjea, M. Nelson, T. Noxon, A. Penner, D. Peterson, N. Peterson, S. Thompson, S. Chapman, E. Song



SYMPHONIC BAND: A. Barnhart, E. Bovenmyer, R. Chacko, E. Dahlgren, R. Glatz, H. Herold, E. Kitchell, E. Maroney, K. Melby, M. Mickelson, E. Olson, J.: Peyser, L. Rudolphi, J. Dickson, E. Kracher, K. Schilling, K. Craig, K. Dunlay, A. Hill, R. Abbott, A. Adams, A. Carter, M. Chimenti, K. Crase, B. Koppenhaver, K. Marasinghe, C. Meyers, K. Polking, Y. Shinar, N. Slutzki, J. Watson, A. Butin, B. Lewis, R. Pleasants, J. Obrycki, S. Gartz, E. Heideman, B. Heller, R. Kelly, J. Lippard, I. Bills, J. Prins, J. Day, J. Minion, M. Anderson, J. Bills, A. Hertz, L. Heideman, A. Jensen, D. Jeong, R. Larson, P. Sibbel, M. VanderZyl, B. Whalen, B. Magel, M. Morain, K. Nelson, M. Stephenson, R. Strom, R. Beeman, M. Gardner, R. Haynes, B. Hill, J. Rhoads, M. Chang, J. Lapan, A. Albaugh, R. Mathison, N. Propes, D. Braun, E. Dunham, R. Mukerjea, M. Nelson, D. Peterson, S. Wong,



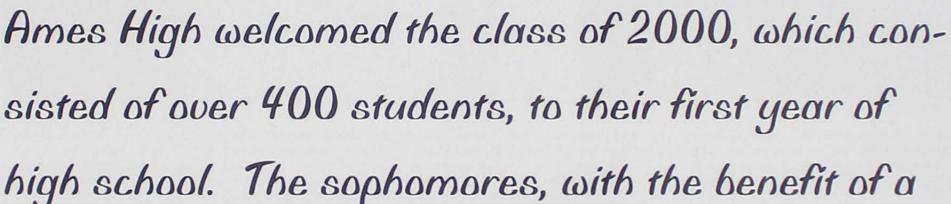
Concept Chorale: Front: E. Kracher, M. Dowling, M. McCracken, R. Osterberg, M. Wilson, C. Meyers, B. Magel, B. Hunter, E. Kell, K. Milleman, A. Speck, A. Van Slyke, C. Tett, H. Herold, E. Kitchel, D. Mix, A. Lanczos, J. Logston. Second: D. Swyter, K. Crase, S. Shubert, S. Hurburgh, A. Prader, N. Carver, A. Corley, K. Zeimet, B. Weitzel, C. Goodrich, M. Poague, C. Shupp, E. Hawkins, B. Gardner, G. Eaches, S. Drewes, Third: S. Madsen, B. Lewis, M. Scholten, S. Lyon, G. Cronin, R. Randall, L. Theesfield, M. Mickelson, A. Brock, B. Newton, M. Morain, A. Katz, A. Amin, D. Cheney, K. Melby, J. Gladin, P. Coyeneche: Fourth: J. Coy, D. Burgduff, J. Olson, N. Anderson, U. Kogan, S. Anderson, N. Propes, C. Tuttle, C. Rippey, K. Craig, J. Day, C. Tomlinson, A. Elston, E. Ridesal, A. Martin, L. Rothschild. Back: A. Ritz, J. Bills, J. Minion, S. Mickelson, R. Creenlaw, J. Prins, A. Summers, A. Hertz, M. Gardner, B. Harms, D. Joens, M. Anderson, B. Hageman, J. Titus.



CONCERT CHOIR: Front Row: B. Raines, S. Lowman, A. Persaud, G. Eaches, S. Lochray, S. Kitchell, J. Van Slyke, S. Bappe, E. Dufflemeyer, C. Peterson, A. Holm, J. Dewinter, H. Keeling, S. Ono. Second Row: A. Doran, J. Morz, E. Gallagher, J. Lippard, J. Norris, K. Ross, N. Hensch, E. Maysent, S. Lee, L. Homstad, K. Novotorova, J. Miller, C. Tickal, S. Gemmill, A. Lundy. Third Row: C. Ungs, J. Taylor, J. Hunziker, E. Peterson, C. Gilchrist, H. McElvain, S. Jones, K. Acker, L. Heiligenthal, L. Smart, P. Lustgraaf, R. Appleton, M. Hayslett, S. Chapman, N. Slutzki. Fourth Row: D. Taylor, M. Ewalt, S. Mickelson, D. Bjelland, A. Lloyd, N. Anderson, D. Terpstra, A. Nakagawa, N. Voelker, M. Duple, A. Martin, B. Dougan, S. Antion, A. Brown.

Senior D.J. Joens repels with the Iowa National Guard from Boone during P.E. class. (Photo by Jason Rearick)





high school. The sophomores, with the benefit of a year of experience, embarked on their second year with a better under standing of high school life. Not far into the year, the juniors understood why the third year of high school was dubbed the hardest year, even after acquiring upperclassmen privileges. Seniors struggled to ward off the onset of senioritis as graduation neared. But despite the obstacles, students found a connection to the students and teachers who formed the school.

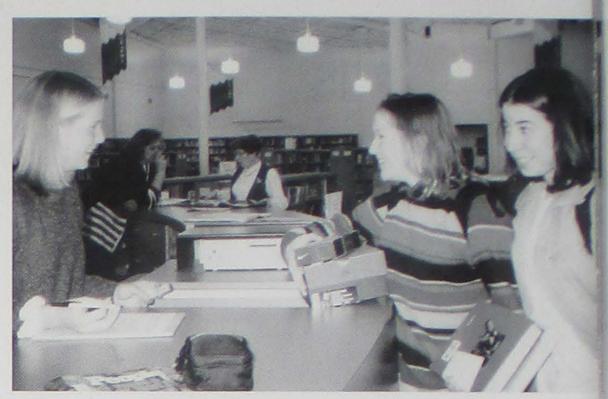


With the help of the cheerleaders, students show their spirit during a basketball game.
(Photo by Jason Rearick)

The Perfect Fit Deople - 179 Freshmen Lindsay VanFleet and
Christine Kracher
study together.
Freshmen found
that studying was
more important
in high school
than it had been
in middle school.
(Photo by Julie
Tosten)



Freshmen Beth Peterson and Betsy Deardorff talk with junit Brenda Jones in the media center. Students found that the media center was a good place to meet and talk with friends. (Photo y Kristen McGeeney)



The Class of 2000

by Caity Birmingham

Though the year students graduate from high school is generally only dependent upon the year they were born and their normal advancement through the grades (assuming they advance normally), most freshmen seem to think that being a part of the class of 2000 is pretty cool.

"I don't think that being part of the class of 2000 means that we're special, but it sounds good," freshman **Matt Hinders** said.

True, being a member of the class of 2000 doesn't necessarily mean that they will succeed in life or that they alone are responsible for the advancement of life on Earth, but many freshman do feel special because of it. "Maybe we'll all get better jobs because we're the class of 2000, everyone will know that we're special," said freshman **Melanie Hafermann**.

On the other hand, many students don't feel particularly proud or special because of their title but instead look at it in simpler terms.

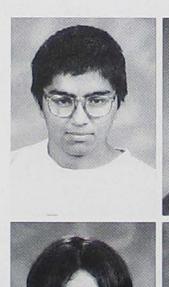
"The last two numbers will be easy to remember," freshman Nate Booth said.

However freshman feel about their graduation year, they will be the first graduating class of, not only the new century, but the new millennium.

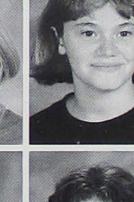
Abbasi, Hammad Adams, Carol Aiton, Joy Akinc, Mustafa Alexander, Lauren Al Hassan, Razak Ali, Lubna

Almer, Nathan Anderson, Maya Anderson, Melissa Anderson/Hoagland, Elizabeth Ashley, Jason Baig, Omar Bailey, Seth

> Barker, Bradley Bartels, Rachel Bartsch, Kelly Bauer, Steven Beavers, Elizabeth Becker, Toby Belle, Andria





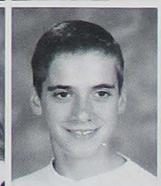






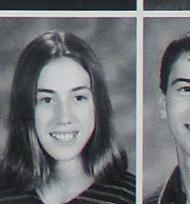










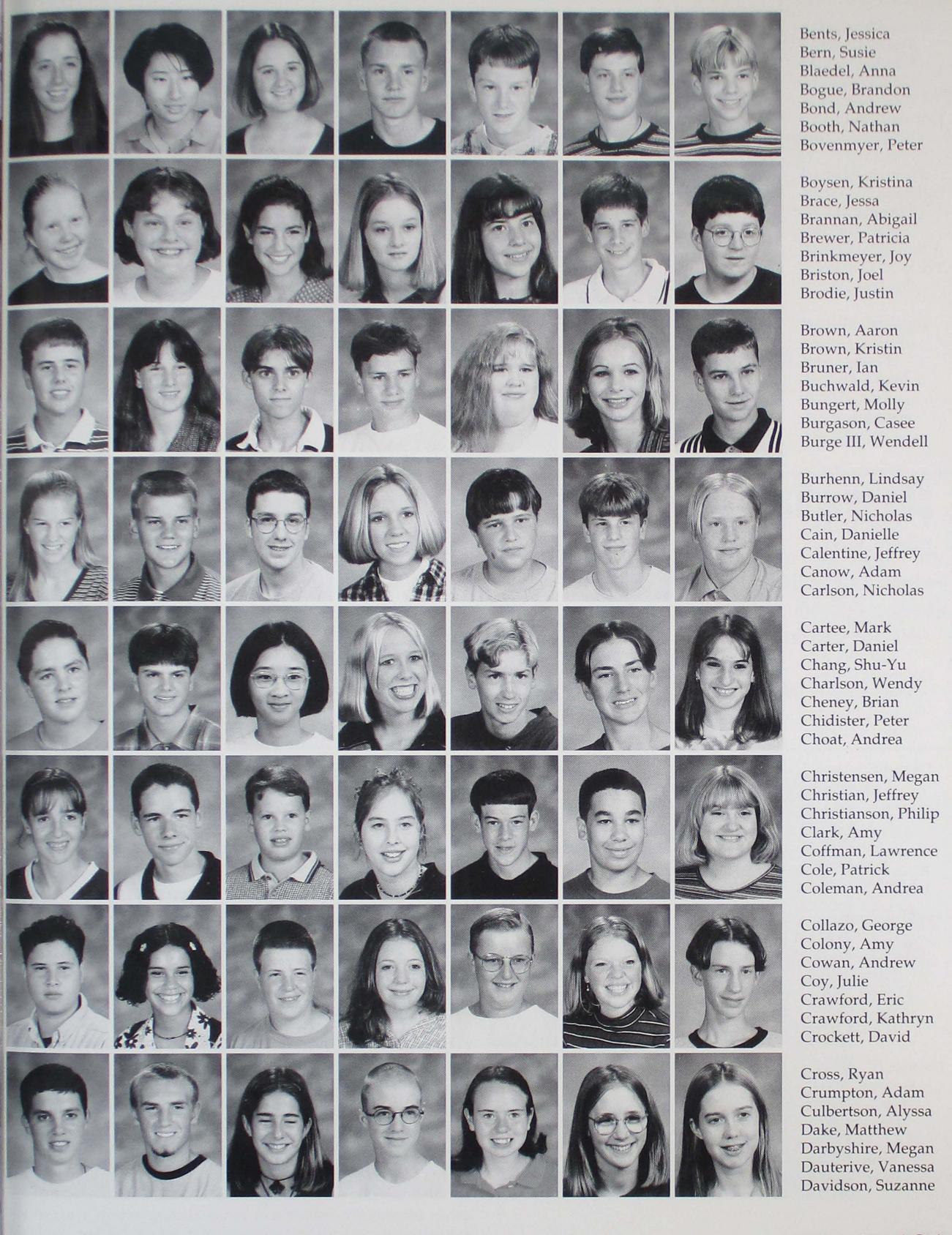












Davis, Christopher Deardorff, Betsy Dedecker, Adrian Distler, Timothy Dorr, Samantha Downing, Katherine Downs, Tara Drennan, Michael Drottz, Stephanie Ehresman, Drew Elliott, Gregory Enfinger, Andrew Erickson, Cassandra Erickson, David Espeland, Michael Ewing, Kristen Faeth, Adam Ferris, Andrew Finn, Patrick Flanagan, Barry Flaws, Megan Fogarty, Tricia Freiberg, Michael Fu, Bruce Gano, Michael Garcia, Jeremiah Gibb, Sarah Giddens, La'Taia Gleason, Ryan Gleason, Shelly Golchin, Ava Goldman, Stephen Goodrich, Rachel Graham, Brandee Grant, Adrianna Greenfield, Daniel Haas, John Hafermann, Melanie Hagen, Stacy Hall, Leslie Hall, Rachel Hallam, Justus Hallberg, Stephanie Hamilton, Eric Hamilton, Jamie Hamilton, Jill Hansell, Austin Hansen, Sarah Harkin, Kelly Harman IV, Richard Harmon, Alyssa Harms, Meagan Harsha, Jamie Hatt, Dan Haug, Daniel Hauptman, Miriam





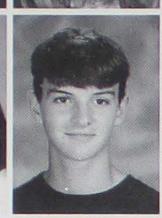












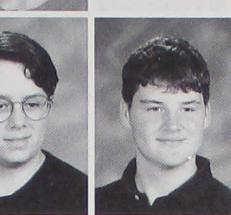












Havlik, Jeffrey Hayes, Christina Hayes, Joshua Heaberlin, Alex Heer, Melissa Heeren, Luke Heggen, Bryan

Helland, Matthew Hemminger, Holly Henriksen, Sarah Hentzel, Anna Hetfield, George Hiatt, Joanna Hibbing, Timothy

Hinders, Matthew Hinman, Jessica Ho, Mimi Holscher, John Horton, Katherine Horton, Keith Houghton, Doug

If stranded on a deserted island:

"I would take some suntan lotion to work on my tan."

"I would take a pizza and a six pack of Coke."

"I would take a pillow because I like to be comfortable when I sleep."

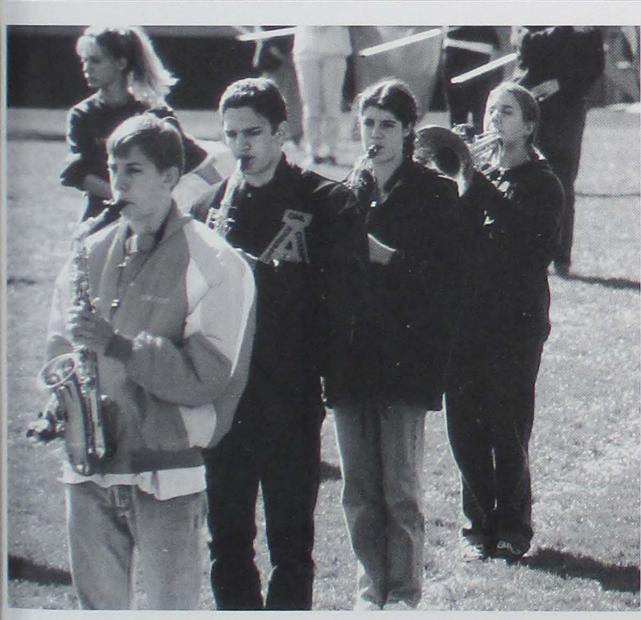
"I would take my chemistry partner because she understands sasquatches like I do."

-Jamie Siefert, freshman

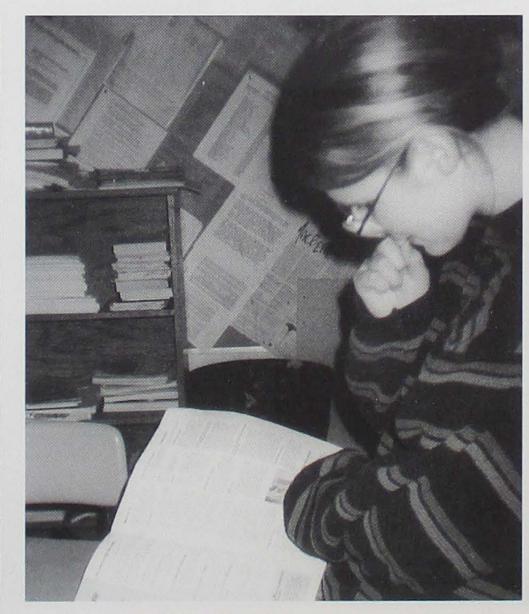
-Brian Jensen, sophomore

-Kara Greving, junior

-Mike Kadolph, senior



Freshman Kyle Sampson, senior Ben Heller, sophomore Heidi McElroy, and junior Bri Magel get in line during a practice for marching band. (Photo by Jessica Pohlman)



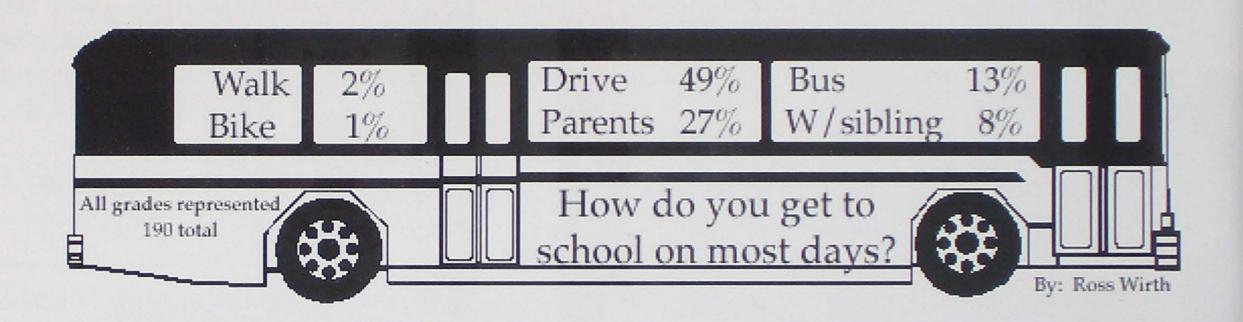
Freshman Signe Newman looks through research material for an English project. (Photo by Julie Tosten)

Hoyt, Jonathan Hronek, Amy Hugdahl, Joseph Huisenga, Michael Hunger, Merry Hurt, Adlai Hutchison, Ryan

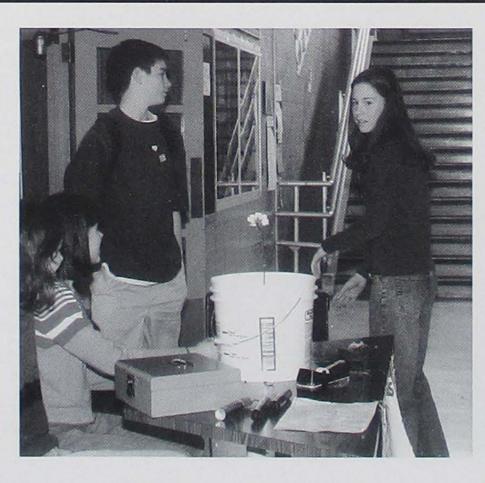
Hyde, Emily Jackson, Jonathan Janssen, Julie Jeong, Daniel Johannes, Michael Johns Jr., Jomo Johnsen, Steven

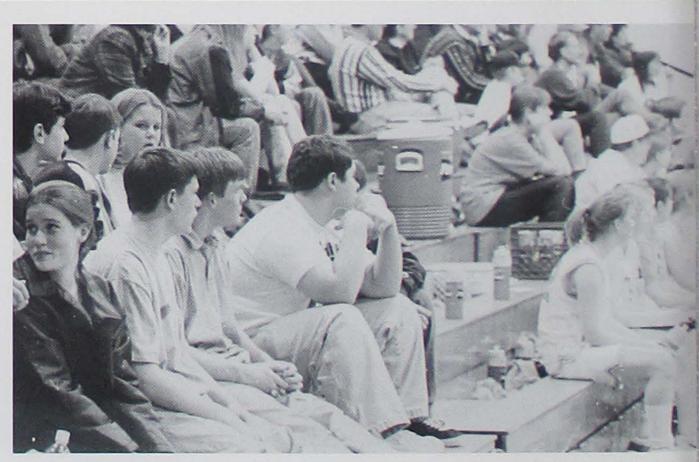
Johnson, Brooke Johnson, Kristine Johnston, Emily Jordan, Ryan Kaster III, Larry Kearney, Kathryn Kemp, Anthony



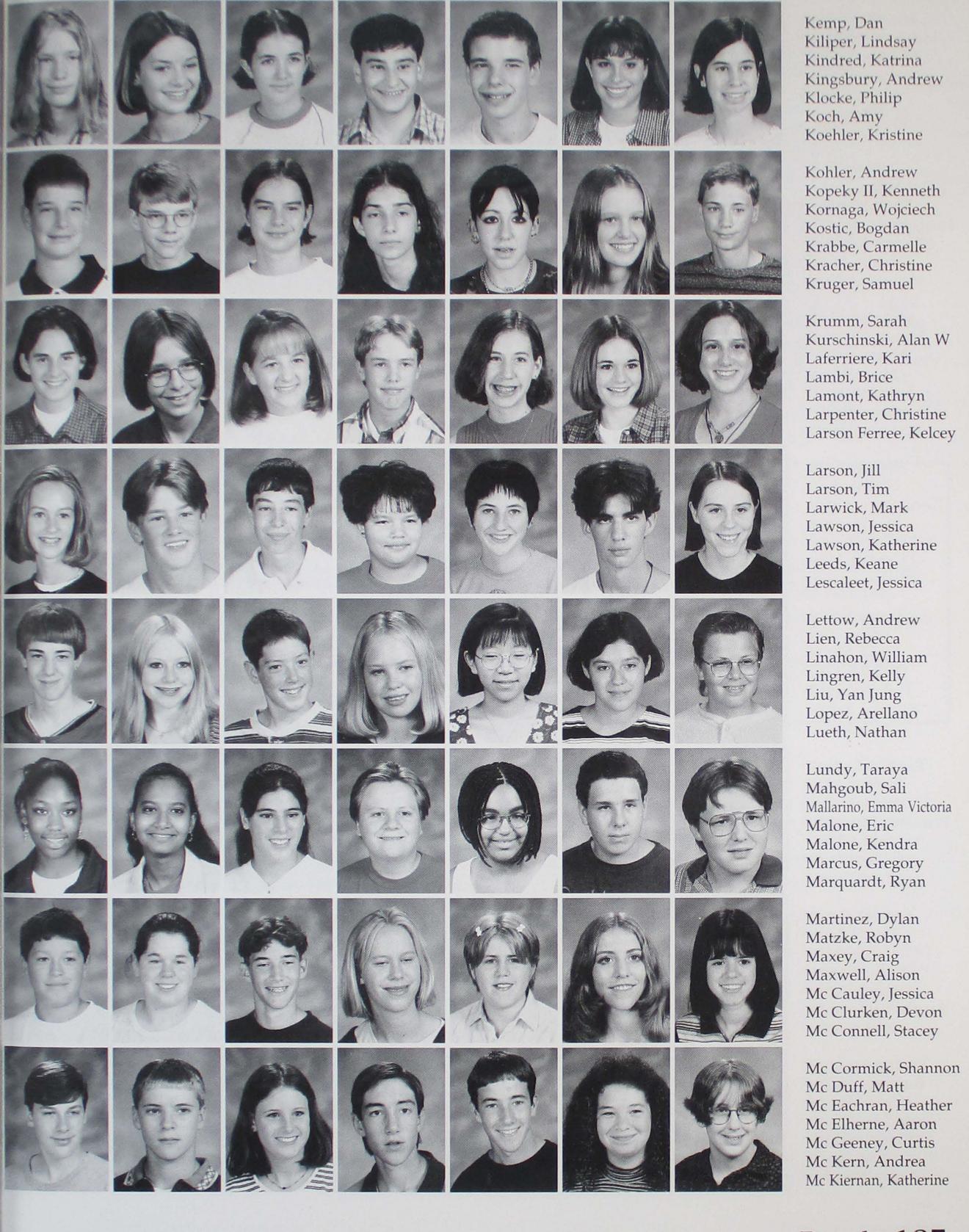


Freshmen Maya Anderson, Stacey McConnell, Andy Kohler, and Megan Flaws sell carnations. (Photo by Kristen McGeeney)





Fans of the freshman girls basketball team enjoy their seats that are close to the action. (Photo by Jason Rearick)

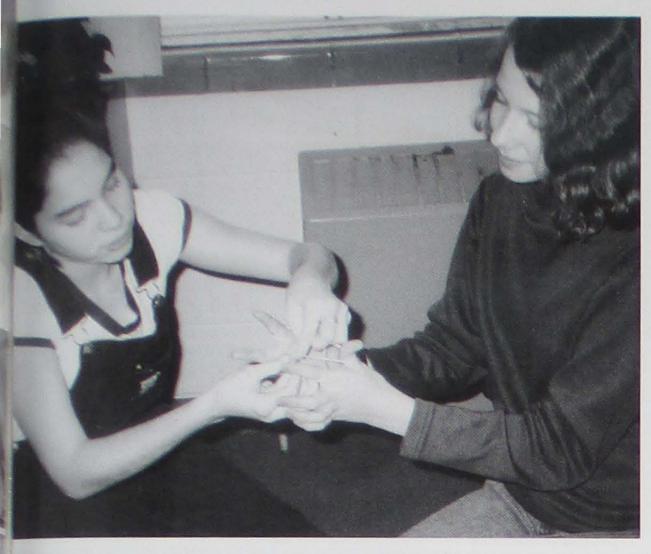


Meierkord, Erin Melchert, Jonathan Melchert, Kathy Metzler, Shanda Meyer, Robin Milam, Jerome Miller, Cara Miller, Clark Miller, Kelley Mize, Matthew Montgomery, Gretchen Mowers, Jonathan Muehe, Molly Mugenda, Albert Mukerjea, Rudi Mundt, Nicklaus Myers, Ashley Myers, Sarah Nakagawa, Aki Neumann, Robert Newman, Signe Newton, Katie Nichols, Kirk Nordmeyer, Alyssa North, Anna O'Brian, Thomas O'Connell, Mike Oftedal, Jennifer Ohman, Jeffrey Olson, Alex Olson, Nicole Otteman, Alec Parkin, Russell Paulson, Ashley Peiffer, Erin Penney, Andrew Perrin, Quinn Peterson, Beth Pleasants, Nathaniel Poist, Mark Pool, Luke Pribyl, Katie Propes, Alyson Pruski, Jacek Pyle, Lane Quinn, Morgan Randall, Tanya Rasmussen, Jennifer Rathert, Sarah Recker, Benjamin Reedholm, Jaime Reger, Michael Rentschler, Nicole Rhodes, Bidget

Ripley, Brandon

Riley, James

Freshmen Laura Woline and Melanie Hafermann play a favorite hildhood game-cat's in the cradle. (Photo by Julie Tosten)





Freshmen
Samantha
Dorr and
Bridget
Rhodes
share a
laugh
while
hiding
under a
teacher's
desk.
(Photo by
Julie
Tosten)

Slang Glossary:

"That's Phat' means that's something really great."

-Brooke Johnson,

freshman

"Moof' is a fun person or just fun in general."

-Sam Wong, sophomore

"'Do(pe)' means 'Ohno-I-made-a- mistakeand-even-though-itstoo-late-to fix-it-I-haveto-make-a-sound."

-Paula Goyeneche, junior "'Phat' is a way to describe something good that has happened, also known as cool."

-Jay Dougan, senior





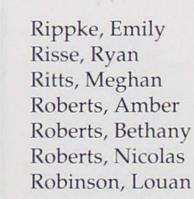








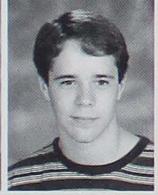






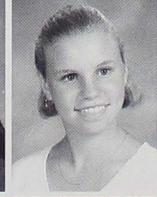




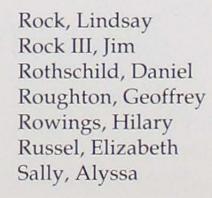












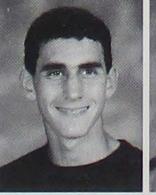












Sampson, Kyle
Sargent, Amy
Savely, Chad
Scanes, Jaqueline
Schaefer, Lindsey
Schainker, Kevin
Scheuerlein, Kendra

Schmaltz, Stephanie Schmidt, Lynse Schoelkoph, Rachel Schoeller, Jonathan Scott, Robert Sebastian, Shawn Sellers, Thomas

Sheldon, Jessica Shelley, Anne Shepherd, Blake Shields, Patrick Shimek, Rachael Shyy, Wayne Siefert, Jamie



What is your curfew on weekends?

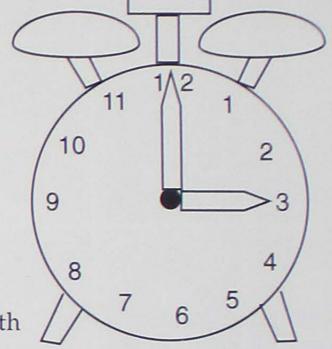
Before 10:30 11:30 8% 10:30 20% 12:00 11:00

26% 12:30 or later 60% None

All grades represented 185 total

29% 82% 75%

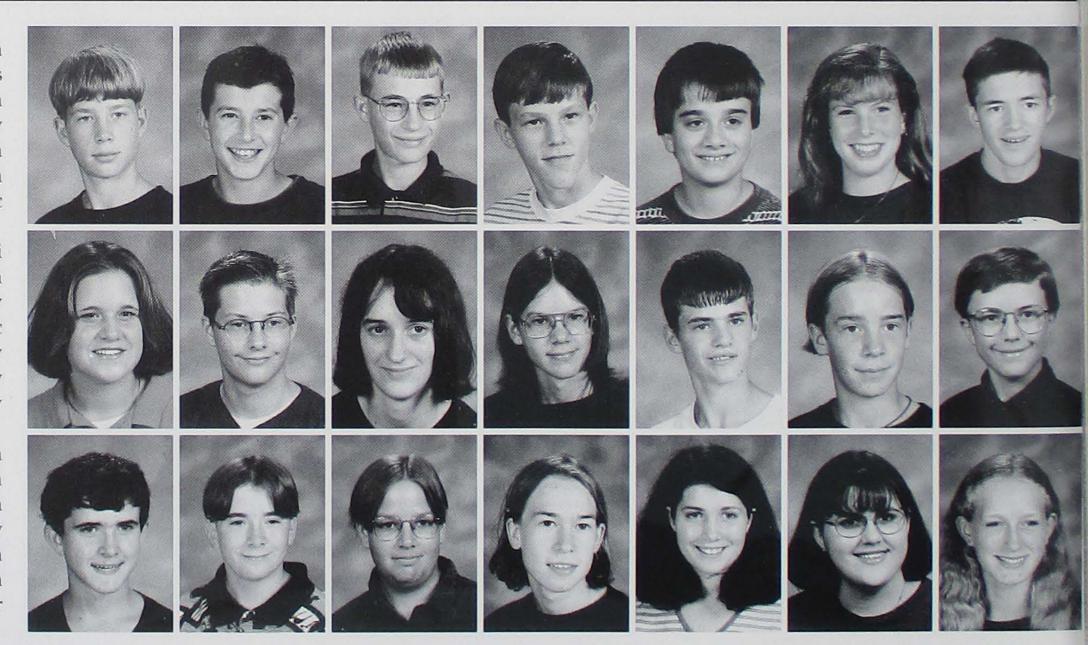
By: Ross Wirth

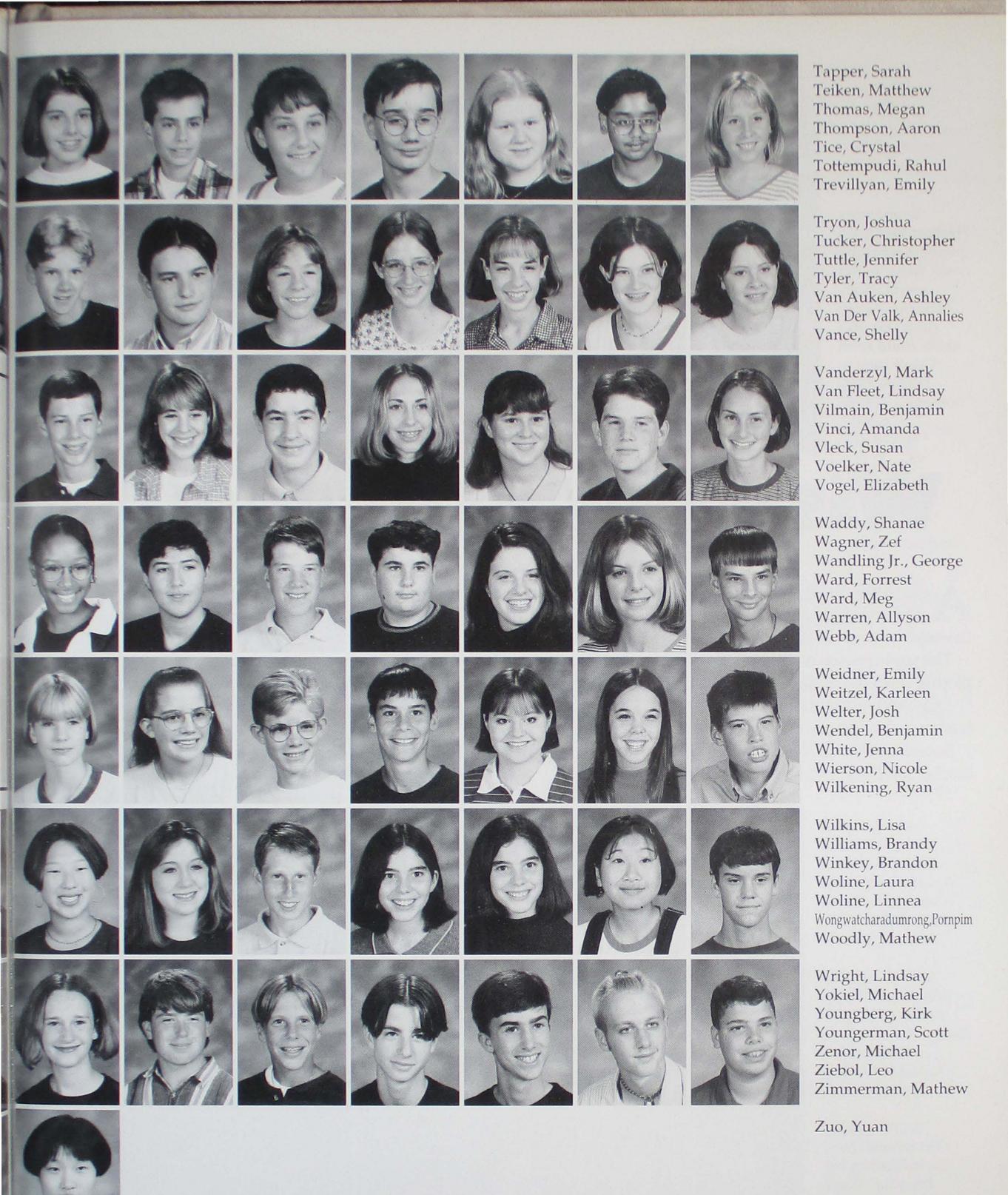


Sjulin, Jason Slocum, Glies Small, Justin Smith, Casey Snook, Nathan Sokoll, Leah Speas, Eric

Stalheim, Terri Stark, Benjamin Starrett, Stacey Stenbeack, Eric Stephenson, Andrew Stephenson, Jeremy Stewart, Matthew

Stover, Benjamin Strasburg, Joshua Strom, Kevin Struck-Marcell, Andrew Stuart, Meredith Sutherland, Dawn Taege, Jennifer





Sophomore
Heather McElvain
ponders what she
will write to her
secret crush.
During Valentines Day students could send
Crush cans to
express their
feelings. (Photo
Kristen
McGeeney)



The sophomore football team fired up to win the Homecomin game at the parade. Their float received second place at the parade. (Photo by Jessica Pohlman)



Wise but still foolish

by Lori Olson

A ccording to <u>Webster's New Students Dictionary</u>, sophomore means wise fool. This definition applied to the sophomores at Ames High School.

The sophomores were wiser than the freshmen after completing one year of high school.

"The only good thing is that you get to make fun of the freshmen," sophomore Mary Jischke said.

Sophomores also had the benefit of meeting a few of their teachers the year before.

"Most of the teachers know you so you can get away with a lot of things," sophomore Baba Agbaje.

The foolish part of the definition described not being of the same level as juniors and seniors.

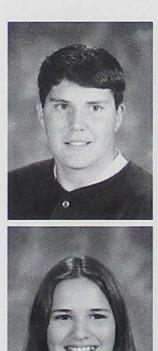
"You can't go out to eat and we have to park on the street," sophomore **Kevin Huls** said.

Sophomore year was one of transition, in between the inexperience of freshmen year and the benefits of junior and seniors.

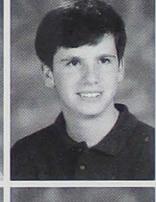
Abbott, Jared Acker, Katherine Adams, Robert Agbaje, Babatunde Albaugh, Anthony Alcott, Christopher Anderegg, Jacob

Anderson, Cathy Anderson, Kayla Anderson, Taylor Andrade Cardena, Luis Antion, Sara Antisdel, Bradley Appleton, Ruth

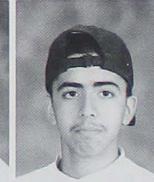
> Avey, Julie Azmayesh, Jafar Bach, Christopher Bahadur, Divya Balfanz, Alexander Bappe, Sarah Bartelson, Amanda

















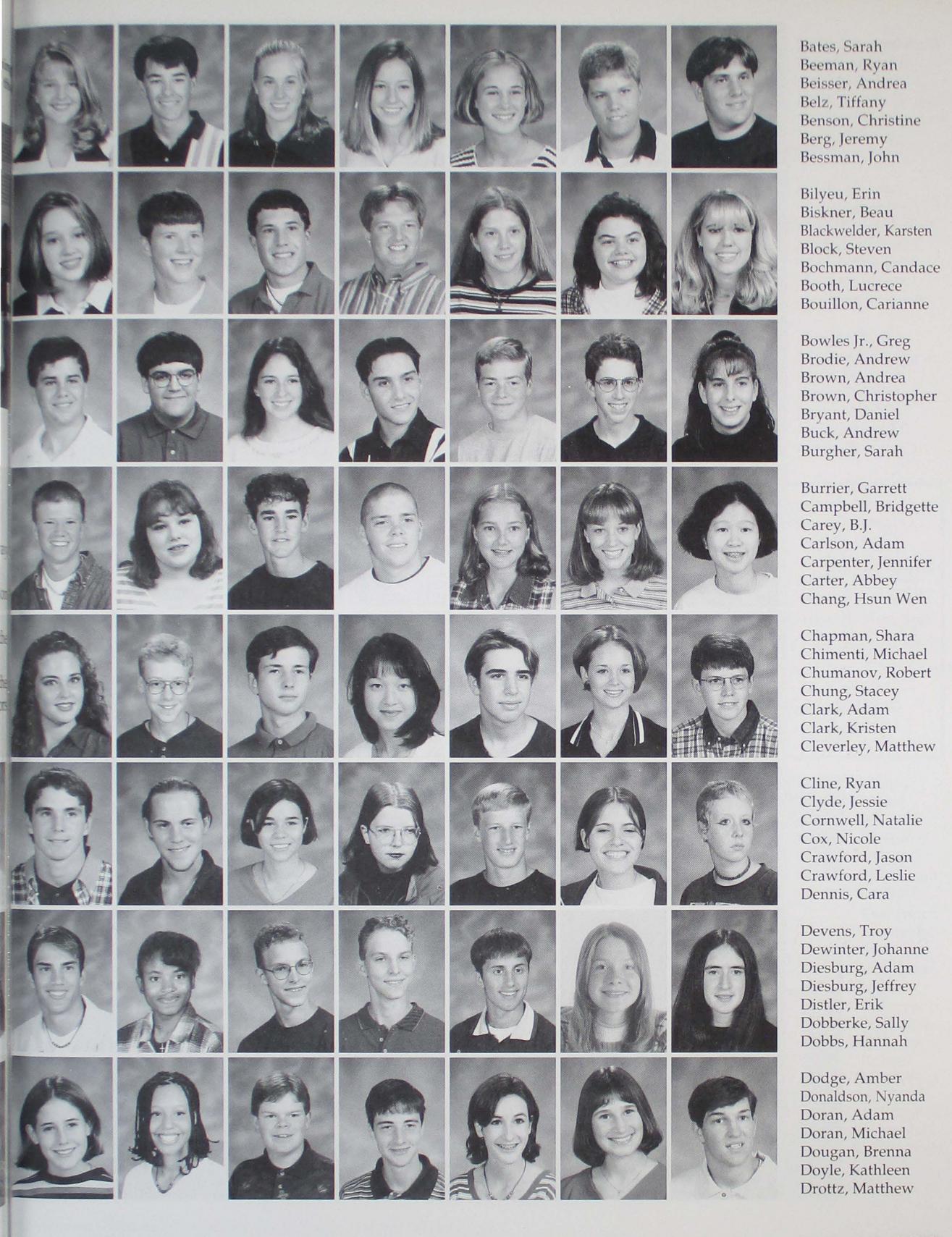








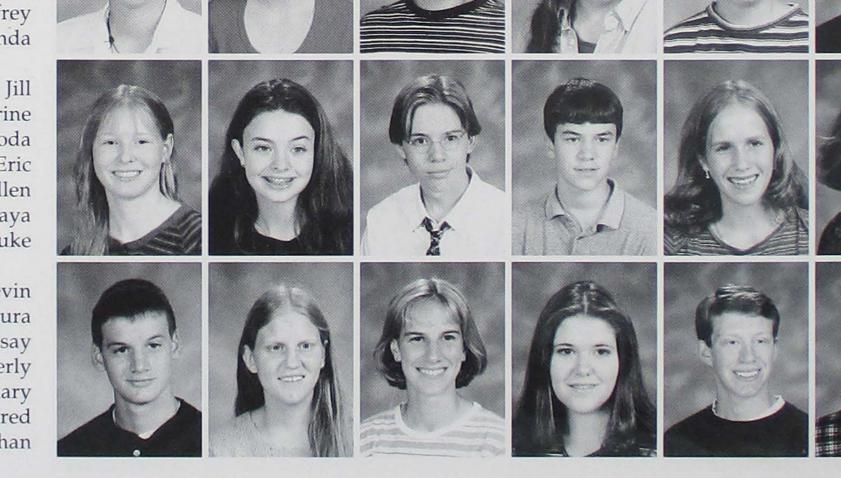


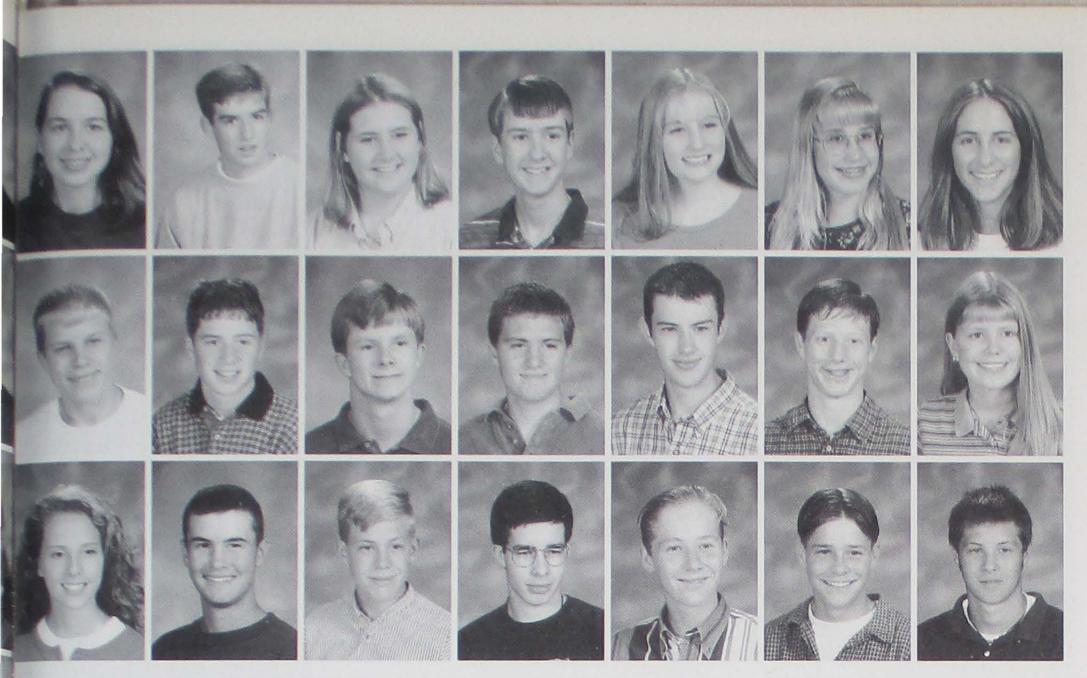


Duffelmeyer, Emily Dunlap, Stacie Duple, Meagan Eichorn, Chad Engeman, Breighton Ensley, Jessica Ewalt, Michael Faas, Joshua Fattahi, Parsa Fernandez, Daniel Fila, Lukas Floyd, Shannon Forney, Adam Fowles, Matthew Fox, Erin Friest, Heather Fu, Carrie Fultz, Cerissa Furr, Martha Gallagher, Erin Ganzer, Theresa Geer, Angela Gemmill, Sarah Gilchrist, Claire Gillott, Philip Ginder, Nathaniel Glandon, Jamie Gonzalez, Juan Goodwin, Laura Greving, Aaron Grotewold, Benjamin Guffy, Erik Guthrie, Luke Habhab, Billy Habhab, Jessica Hade, Abby Hagert, Abbey Hamilton, Justin Hansell, Raquel Hanson, Michael Happe, Jeffrey Hardy, Amanda Hardy, Jill Harker, Katherine

Hardy, Jill Harker, Katherine Harris, Nekoda Hauber, Eric Haws, Ellen Hayslett, Maya Healy, Luke

Heiberger, Kevin Heideman, Laura Heiligenthal, Lindsay Helmers, Kimberly Herrnstadt, Zachary Hill, Jared Hill, Nathan





Hinrichsen, Julie Hitchings, Jeffrey Hoff, Amber Hoffman, James Holder, Amanda Holm, Allison Homstad, Lisa

Honeick, Steven Honn, Stuart Horn, Justin Hostetter, Nathan Houge, Eric Huls, Kevin Hunziker, Joni

Hurley, Heather Ingwersen, William Janke, Benjamin Jeftinija, Dusan Jensen, Andrew Jensen, Brian Jensen, Joseph

Embarrassing Moments:

"When my friends found out that I had to wear a helmet to go out side and I carried a pair of pants 'just in case'"

> -Wayne Shyy, freshman

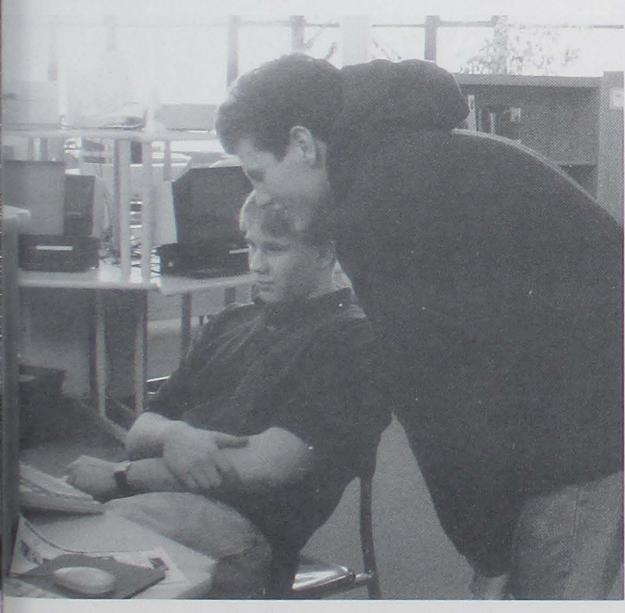
"When I was in fourth grade during silent reading, my pants ripped and the whole class saw the hole."

-Megan Popelka, sophomore "My sophomore year, at a basketball game, we started cheering during a technical foul."

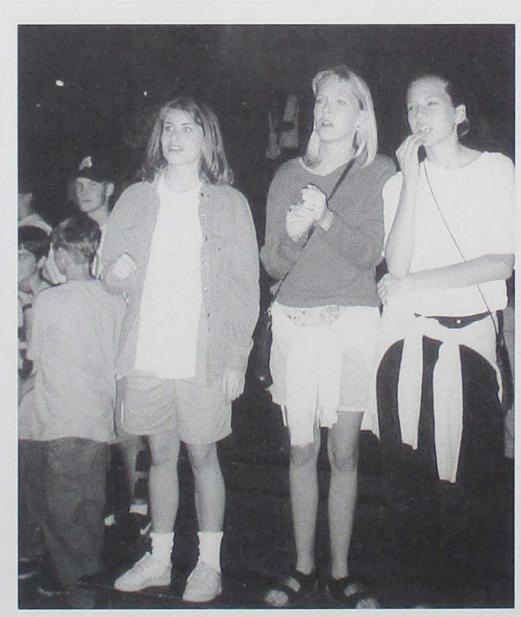
> -Theresa Nassif, junior

"When I was in third grade I urinated on the floor because the teacher wouldn't let me go, and no one noticed."

> -Jake Bills, senior



ophomores Nathaniel Ginder and Adam Stegge attempt to find a ook on the card catalog in the Media Center. (Photo by Kristen IcGeeney)

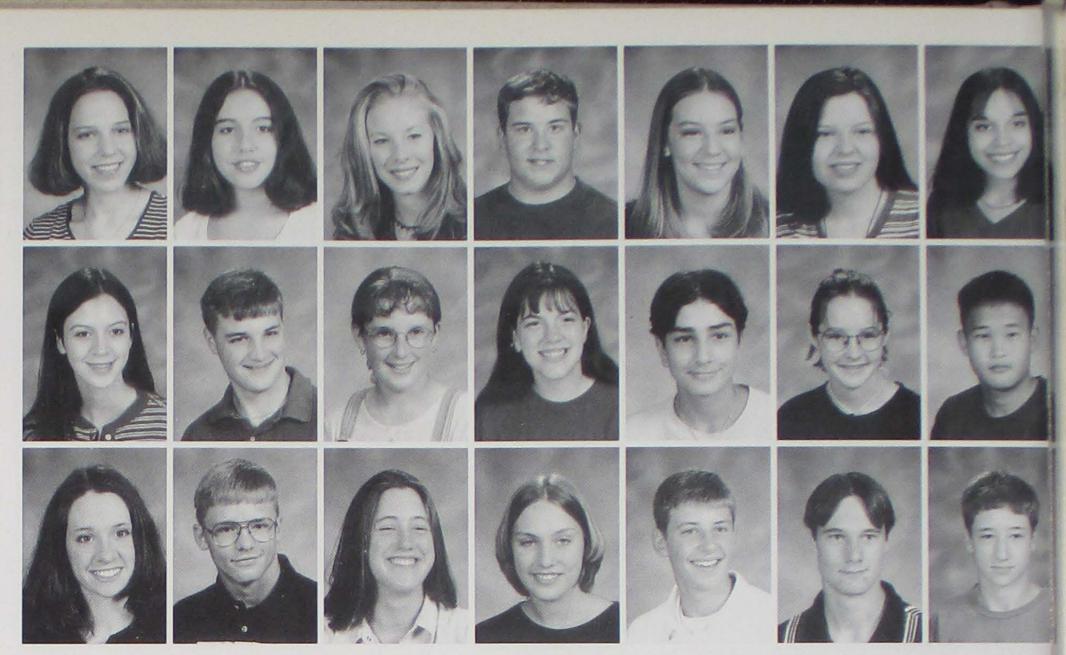


Sophomores Missy Ridnour, Krissy Quinn and Tiffany Belz watch anxiously to see the next float at the Homecoming parade. (Photo by Kristen McGeeney)

Jischke, Mary Joannini, Nadia Jones, Sarah Jutting, Christopher Kabela, Aryn Kadolph, Amanda Kanwar, Pooja

Kauffman, Haley Kearney II, James Keeling, Hannah Kepley, Dawn Khosravi, Farhoud Kientoff, Rachael Kim, Gene

Kingsbury, Shawne Kinley, Jeff Kitchell, Sarah Klocke, Jane Knapp, Justin Kolner II, Samuel Koppenhaver, Brent



Have YOU ever gotten a pink slip?

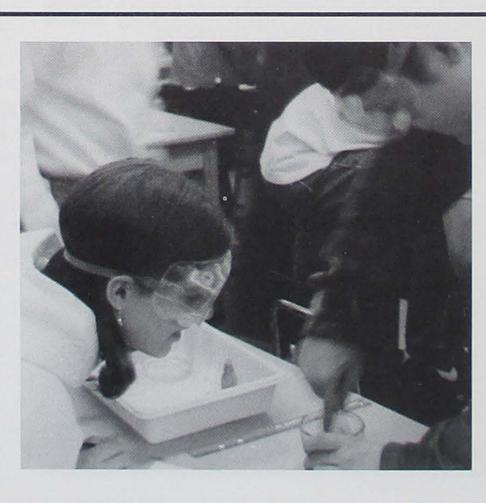
Yes: 46%

No: 54%

InfoGraphic by: Andrew Brodie

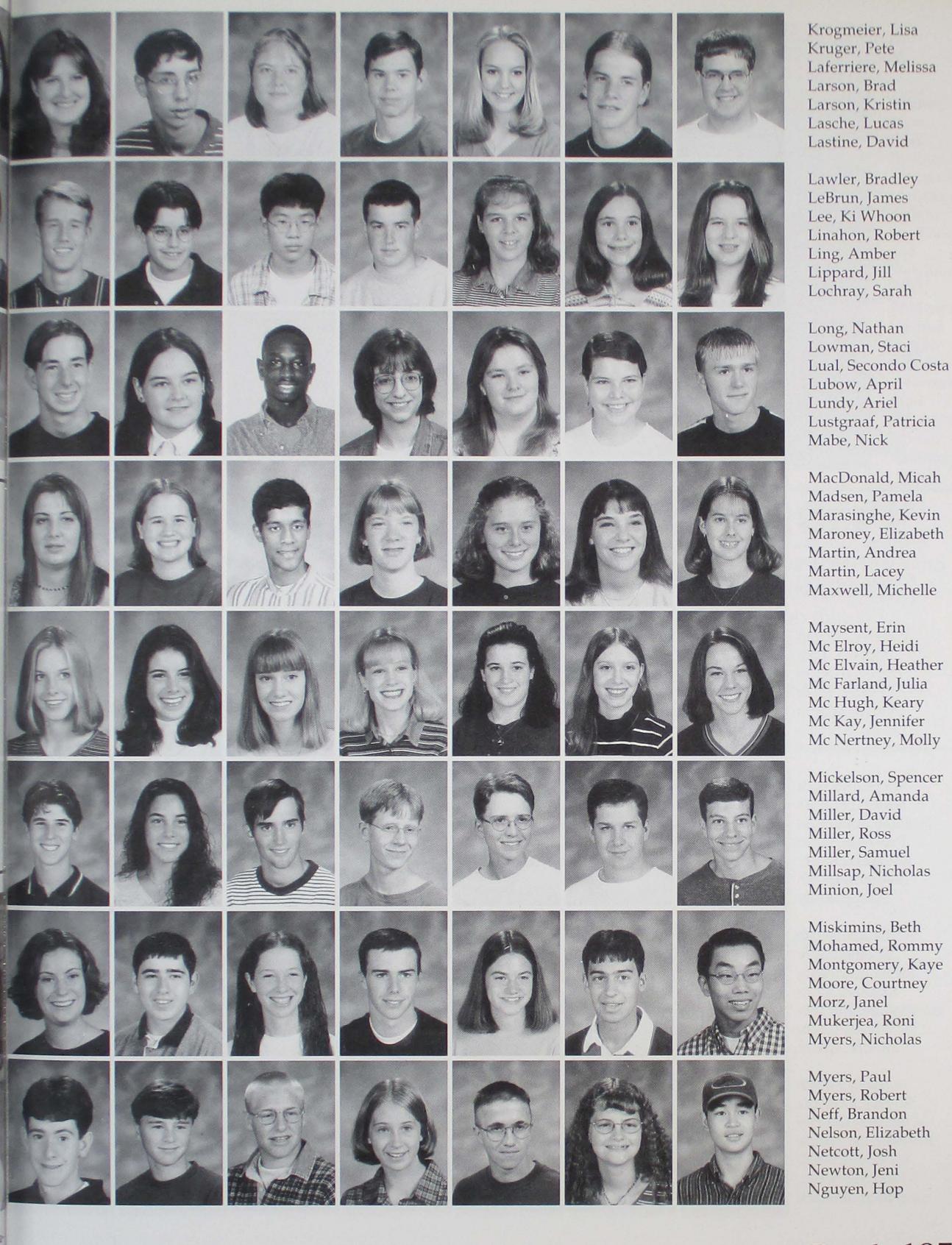
185 polled

Sophomore Mary Russell watches her lab partner mix some chemicals during a lab period (Photo by Jessica Pohlman)



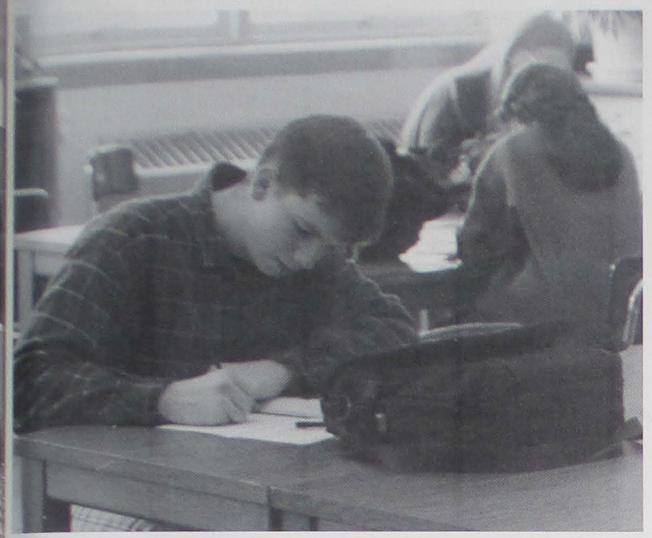


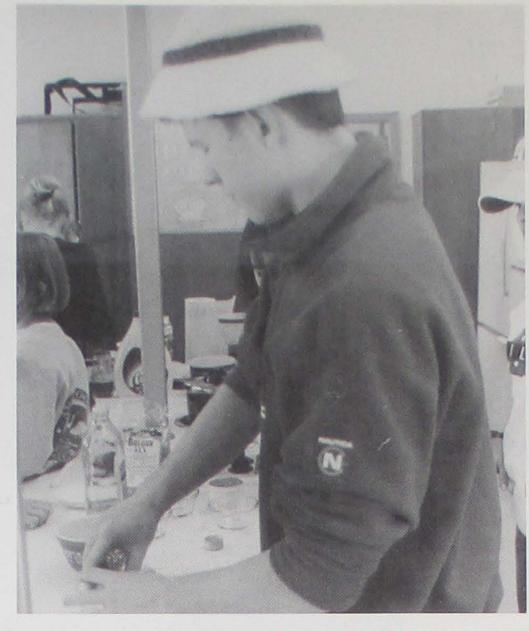
Senior Chris Tuttle and sophomore Katie Harker engage in conversation during the Homecoming dance. (Photo by Julie Tosten)



Norlin, Meagan Norris, Jennifer Noll, Mandy Novotorova, Katia Nutter, Sarah O'Connell, John Oh, Junghoon Okere, Chad Olson, Emily Olson, Lori Olson, Scott Osborn, Daren Osmundson, Sarah Ottoson, Melissa Owens, Brian Pate, C Agnieszka Patel, Jayesh Paul, Ryan Peacock, Brande Penner, Allan Persaud, Anila Petersen, Stephen Peterson, Caroline Peterson, Emily Peterson, Nicholas Poist, Christine Polking, Kathryn Poorman, Kyle Popelka, Megan Popelka, Tom Prater, Allyson Prater, Erika Pyle, Randolph Quinn, Kristina Rahfaldt, Nicholas Raines, Rebecca Randolph, Ross Rahbar, Jameela Reasoner, Dean Rebarcak, Nealy Redmond, Seth Repp, Kelly Rhoads, Jacob Richey, Emily Ridnour, Melissa Riecken, Mary Ringlee, Andrew Ritz, Claire Roark, Adam Rock, Nicole Roeske, Douglas Rollins, Cherise Rosenberger, Marie Roosa, Kristi Ross, Katherine Russell, Mary

Sophomore Robert Adams takes time out during the day to study for some tests that came in his afternoon classes. (Photo by Jessica Pohlman)





Sophomore Beau Biskner gets ready to make a dish in his Foods and Nutrition class. Students learned how to prepare their own food. (Photo by Kristen McGeeney)

Favorite Star Wars character:

smart."

"R2-D2 because he's "Yoda rules because he just cool and he is is two feet tall and kicks hiney!"

"C3PO because he has the whole gold metallic thing going on. And his friend is R2D2."

"Jabba the Hut, who could resist the big pile of glob that talks."

-Kari Laferriere, freshman

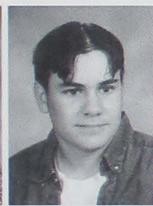
-Devin Wetzel, sophomore

-Shannon Smith, junior

-Steffi Drewes, senior

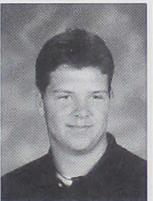




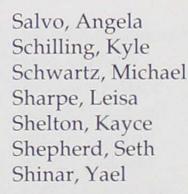










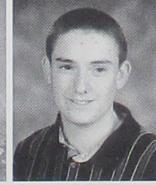




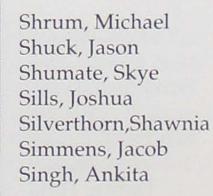






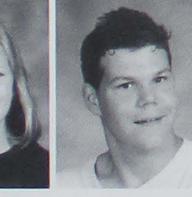














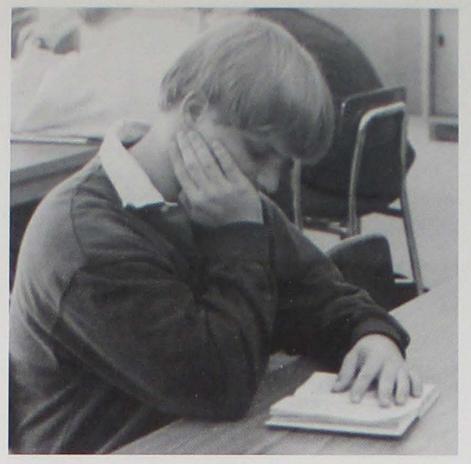






Slutzki, Naomi Smart, Lisa Smelser, Andrew Smith, Heather Snyder, Patrick Song, Eugena Sorenson, Angelia

Sophomore Seth Redmond almost falls asleep in study hall. (Photo by Jessica Pohlman)



Sophomores Erin Maysent and Sarah Jones use their time in study ha to catch up on gossip and daily problems. (Photo by Kristen McGeeney)



What is your favorite FM radio station?

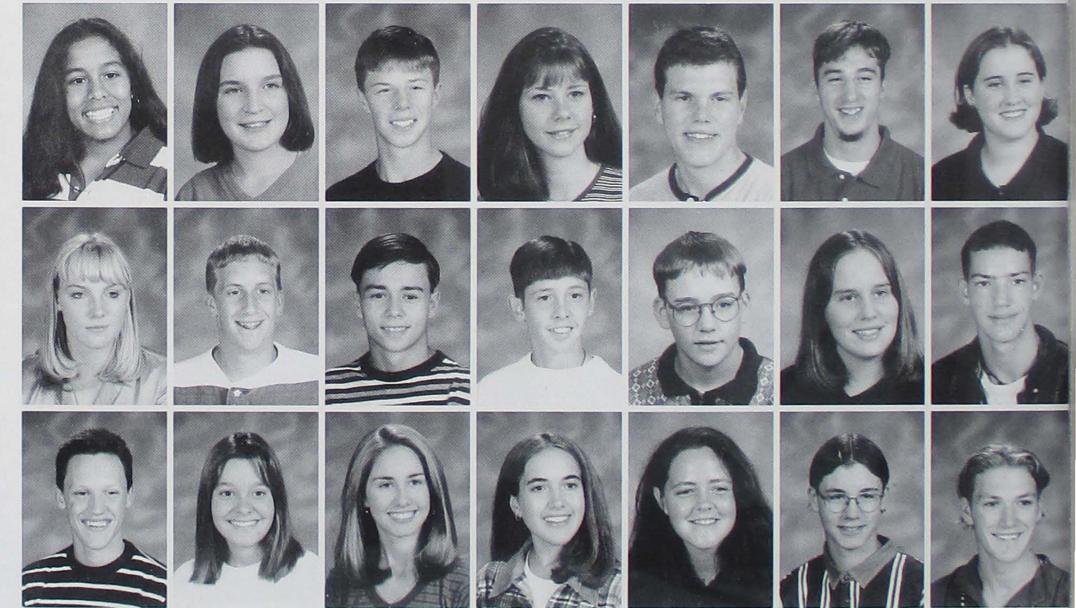
All grades reported 181 total

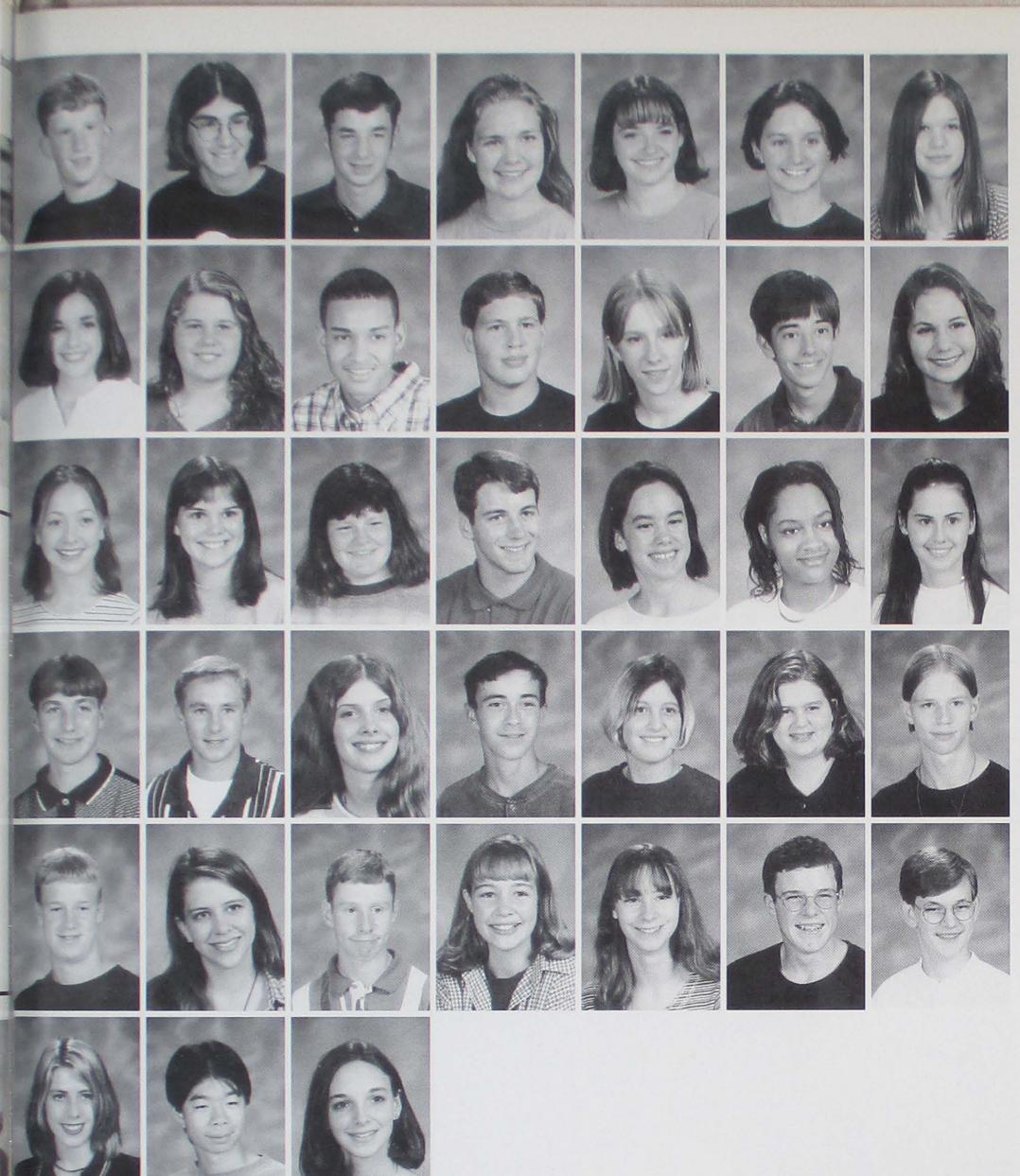
By: Ross Wirth other 94.9 98.3 100.3 103.3 107.1 107.5 6% 7% 2% 20% 25% 27% 13%

Spencer, Danielle Spicer, Foy Staff, Cameron Steffes, Patricia Stegge, Adam Steskal, Justin Stevens, Monica

Stoops, Allison Stotts, Craig Strodtman, Justin Sullivan, John Sundberg, Joshua Sweeney, Megan Tarbox, Todd

Taylor, Dan Thatcher, Andrea Theesfield, Leah Thomas, Rebecca Thompson, Shawna Topp, Nicholas Troxel, Nate





Ungs, Cory Vaknin, Coby Van Auken, Brigham Van Deusen, Lisa Van Horn, Lydia Vanmeter, Christine Vansice, Sue

Van Slyke, Julie Veale, Jennifer Ventura, Jose Vogel, James Volkers, Elizabeth Vos, Nathan Voss, Jamie

Wacker, Johanna Wade, Kira Waits, Rebecca Ward, Justin Watts, Emily Weaver, Christy Webb, Tanya

Weber, Eric Weiss, Aaron Wells-Gray, Elaine Wenger, Brent Wentzel-Fisher, Willa West, Carlie Westerberg, Mark

Wetzel, Devin Wheeler, Samantha White, Alexander Wierson, Emily Wilson, Heather Wilson, Kevin Wirth, Ross

Wolff, Megan Wong, Samuel Wray, Jessica



Sophomores Taylor
Anderson and Heidi
Mc Elroy try an
experiment in Honors
Biology. (Photo by
Lori Bates)

Junior Jim Norris
studies the art of
carpentry by
pounding on a
wall and playing
with tools durig
the job fair which
was held for the
first time ever in
Ames High. This
particular stand
was in the Industrial Tech area.
(Photo by Jason
Rearick)



Junior Ginny Cronin doodles pictures on the white board dury math class. (Photo by Lori Bates)



Slowly Going Erazy

by Kristen McGeeney and Ross Wirth

To be a junior, freedom at last, or so it seemed at first. Juniors soon realized, the freedom they had, really did not exist. Many enjoyed open lunches and parking lot privileges, but at the same time had to find ways to cope with the stress.

"I've had a blast this year, I love having Great Plains for lunch!" junior **Christy Rippey** said.

There were plenty of late stressful nights due to midnight homework runs and early mornings. Not to mention a social life. The stress of the routine got a little overburdeni; and sometimes started to get to the people's heads.

"At a friends house one time, we figured out to velocity of a burrito falling one meter above a count after our first few weeks of Physics," junior Chimne Panigraphy said.

With the new freedom the juniors experienced, the new stress load, a lack of sleep, and not having to excafeteria food anymore, the juniors were definitely in level above all the sophomores.

Achter, Kris Aiton, Grace Alcott, Aaron Allen, Thomas Amin, Ankur Amos, Albert Anderson, Joseph

Anderson, Katherine Anderson, Mark Anderson, Nathan Anderson, Scott Arends, Nichole Arkovitch, Michael Arneson, Melissa

Arthur, Courtney
Barrett, Jenny
Barta, Hillary
Bassett, Melinda
Bates, Lori
Baty, Mary
Beck, Ryan





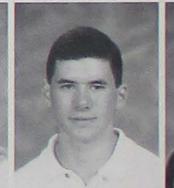








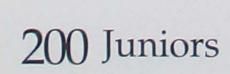


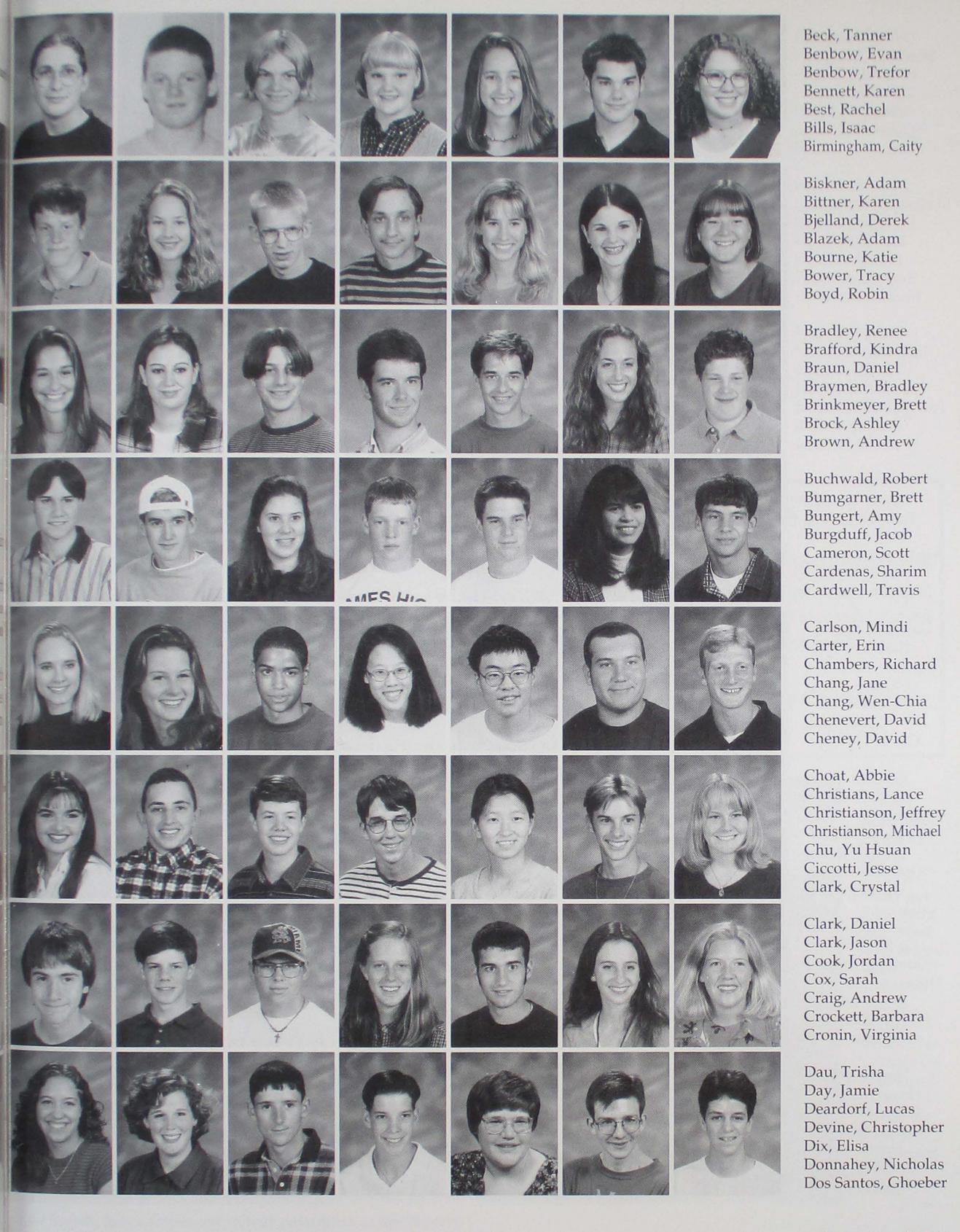






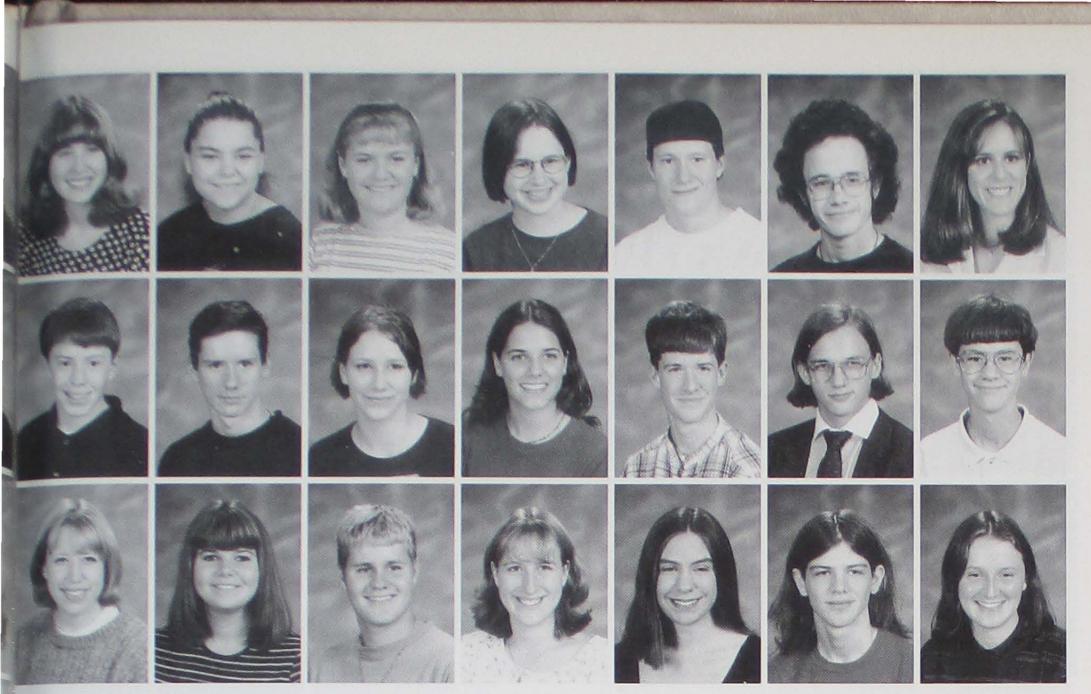






Downs, Michael Downs Jr., Thomas Drake, Brian Dunham, Ethan Dunwell, Julie Dyszynski, Karl Eernisse, Jason Eickholt, Heidi El Khabiry, Howaida Ellingson, Mark Elston, Ashley Enfinger, Tate Engelen, Amber Erickson, Amber Erikson, Dana Erickson, Marissa Evans, Carly Ezarski, Matthew Fadeyi, Toluwanimi Farooq, Umer Finn, Katrherine Flomo, Korto Flomo, Yarmah Foderberg, Sara Fogarty, Brent Friedrich, Katherine Frizzell, Kari Gadia, Manisha Gallihan, Andrew Gardner, Chris Gardner, Elizabeth Gardner, Mark Garrison, Kelly Geha, Katie Glenn, Phillippa Golchin, Neda Goodall, Tonya Goyeneche, Paula Graham, Monica Grant, James Greenlee, Joshua Greving, Kara Grewell, Sierra Griffin, Stephen Gunning, Andrea Hageman, Brandon Hagen, Aaron Hallam, Elizabeth Hallihan, Kelly Hamblin, Troy Hampson, Holly Hannapel, Keith Harms, Bronklyn Harris, Aaron

Harvey, Linda Hasivk, Franek



Hatten, Amy
Haugland, Kimberly
Heaberlin, Amber
Hegland, Sarah
Heinen, Benjamin
Hiatt, Jerry
Hickman, Autumn

Hill, Bjork Hill, Brian Holst, Andrea Hoyt, Elisabeth Hronek, Tanner Huffman, Peter Hummer, Daniel

Hurburgh, Sara Hutchison, Janell Hutson, Brock Jacobson, Ann Janssen, Natalie Jeffrey, Ryan Jensen, Meleah

What is the best gag gift?

"I gave a male blow up doll to a friend for his birthday." "I get a run-over flashlight every year for Christmas." "A 'stud finder.' It's actually a tool to find studs in a wall, but it works to find guys too."

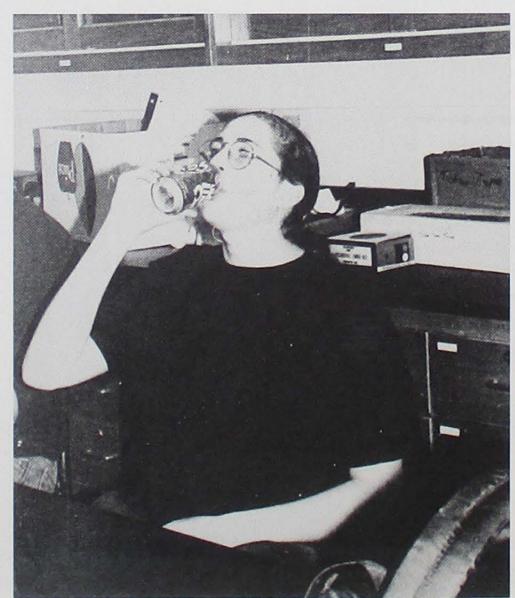
"For swim team, the seniors gave a Skipper doll to a girl who never came to practice."

-Matt Hinders freshman -Foy Spicer sophomore

-Kelly Hallihan junior -Kate Christiansen senior



Services Office. The Junior year was a time to start looking at colleges and thinking about the future. (Photo by Julie Tosten)

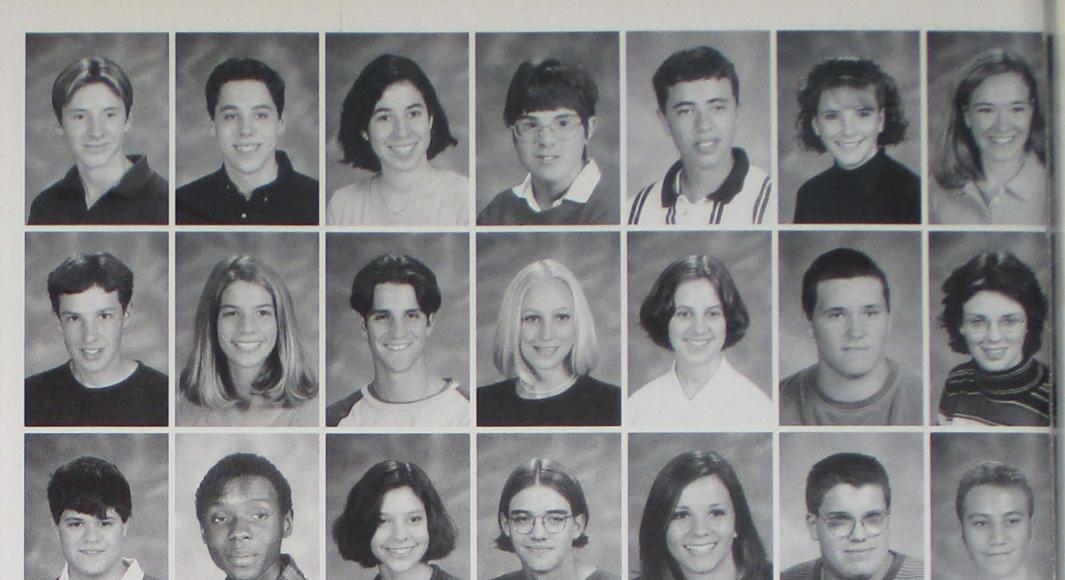


Junior Tanner Beck takes a gulp of pop in Physics. Many got their daily pop even with the no open containers rule in school. "I drank a lot of pop. Oh God how I drank!" (Photo by Kristen McGeeney)

Johansen, Chad Johnson, Karl Jones, Brenda Jung, Tina Katz, Aaron Kauzlarich, Melissa Kearney, Carrie

Keeling, Richard Kell, Emily Keller, Zachary Kelso, Amy Kjartanson, Melanie Knapp, David Knop, Stephanie

Kohrs, Joshua Kroma, Kanjia Kurschinski, Carlene Lambardo, Phil Lanczos, Adrienn Lang, Tracy Lapan, Joshua



Do you have a tattoo or a body part pierced (excluding ears)?

Yes: 14%

All grades represented 181 total No: 86%

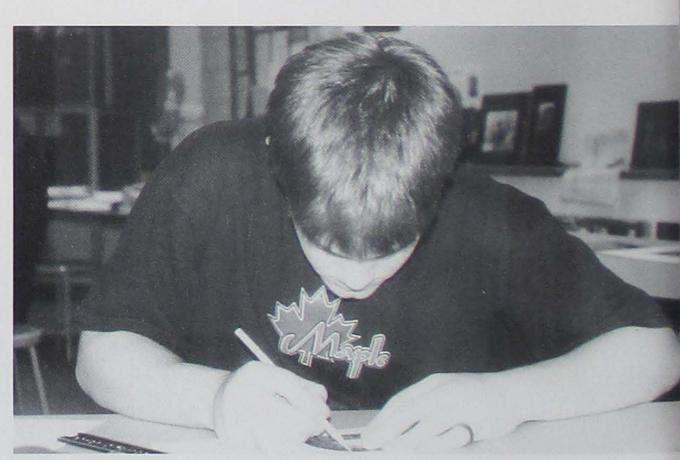
Do you want to get a tattoo or pierce a body part?

Yes: No: 43% 57%

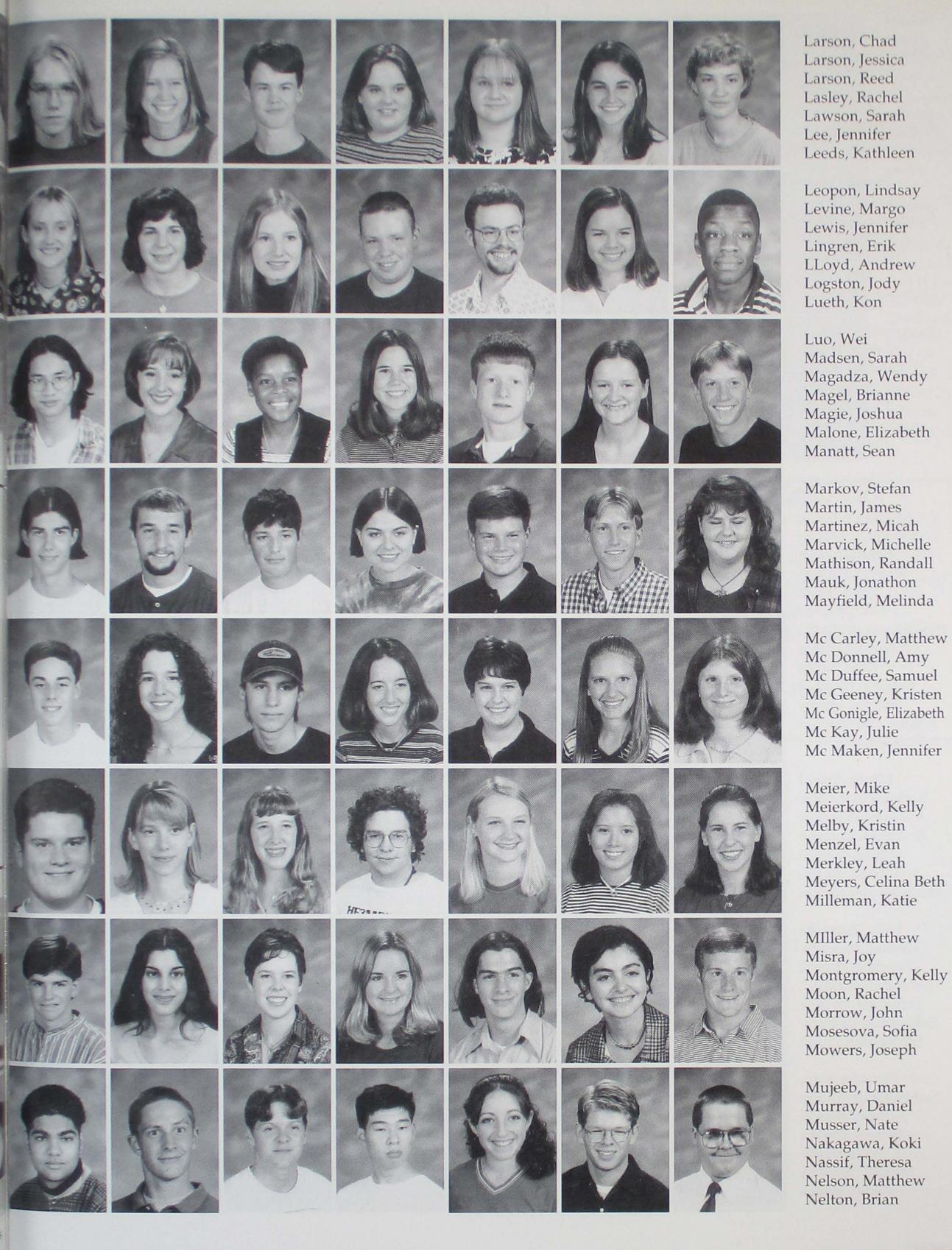
InfoGraphic by: Andrew Brodie

Junior Mark Ellingson studies an economics book in the Junior / Senior room during a free period. (Photo by Lori Bates)





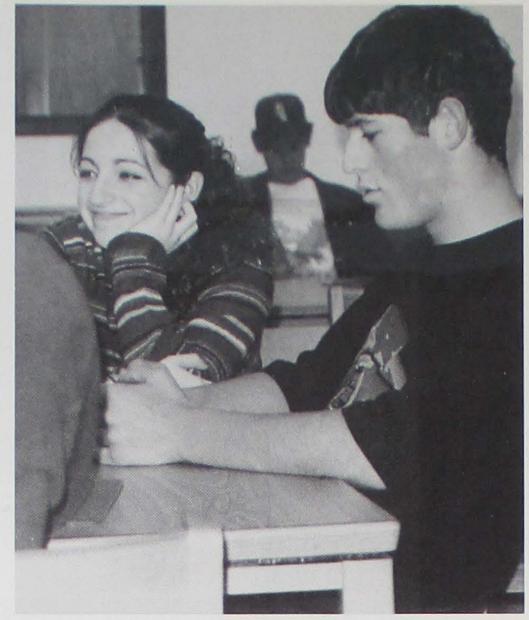
Junior Ike Bills starts an art project in the art room. "I like art," Bills said, "It is fun." Many students spent time in the art room. It was a popular place during the day. (Photo by Julie Tosten)



Nesset, Kirk Neuman, Amanda Nguyen, Chau Niemand, Sara Niese, Adam Nordmeyer, Raeann Norlin, Chad Norris, James Obrycki, Joseph Oguntimein, Oluwatosin Olson, Jonathan Olson, Matthew Ono, Seiko Osmundson, Kristin Panigraphy, Chimnoy Payne, Naomi Peterson, Lucas Pflug, Nicholas Pick, Lindsay Place, Nicholas Pollock, Brett Poon, Tony Potter, Mark Proedscholdt, James Rademacher, Megan Randall, Rachel Read, Matthew Regis, Faith Rios Rivera, Amanda Rippey, Christina Ritz, Aaron Roberts, Heather Roeske, Jeffrey Rohret, Christopher Rollenhagen, Erin Roth, David Rothschild, Louise Roy, Devashis Ruppert, Jacob Saari, Jessica Sage, Aaron Sailsbury, Nicholas 2-8/11/10 Sally, Amanda Samson, Nicholas Sassman, Travis Schmerr, Elizabeth Schultz, Jeremiah Schwartes, Andrew Schweikert, Todd ABACO . Scott, Jennifer Sedgwick, Jonathon Seiler, Kevin Sellers, Amber Sellers, Jim Sexton, Timothy Shill, Megan

Juniors Micah Martinez and Theresa Nassif hang out in the Junior/Senior room during one of their free periods. (Photo by Lori Bates).





Junior **Iames** Prescholdt takes a few minutes to study. "I took so many hard classes and activities because I feel if I'm not over involved, I would just sit around." (Photo by Kristen McGeeney)

Most interesting night?

"Playing the stoplight game, by pushing the button and then running and hiding in the bushes."

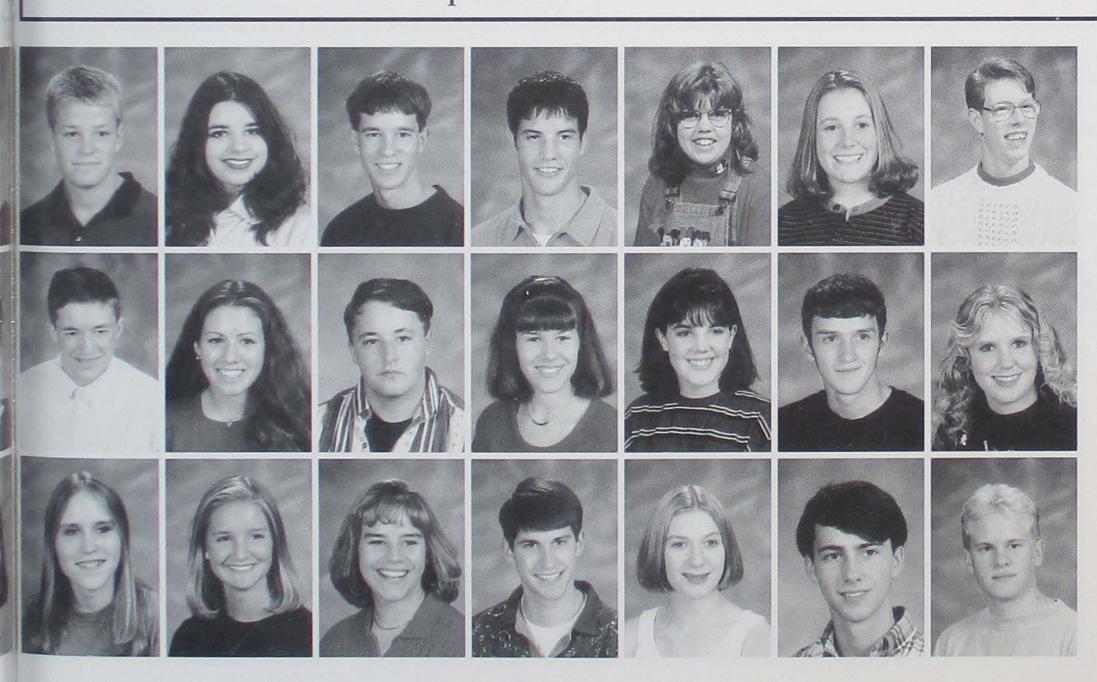
-Quinn Perrin freshman "Riding Hot Wheels down Hyland. Going up the hills was tough"

> -Katherine Acker sophomore

"Streaking, through St. Thomas."

-Sarah Hegland junior "My friends and I lit flares in the middle of Stange Road and watched to see the other car's reaction."

> -Ezra Hallam senior



Shirk, Todd Shonrock, Sera Sivensend, Evan Smalling, Robert Smith, Angie Smith, Shannon Smothers, Matthew

Speas, Eric Sprong, Jaclyn Stairs, Joshua Staudt, Katherine Steele, Angela Steelman, Derek Steinhoff, Leah

Stevens, Valerie Stolmeier, Emily Strom, Rachel Summers, Adam Swyter, Deanna Taylor, Brian Taylor, James

Junior Rachel Best gives junior Andrea Gunning a "What are you doing?" look in the Junior/ senior room (Photo by Kristen McGeeney)



Junior Emilie Wall listens intently to a friend in the hall during passing time. The five minutes between classes were a time for man students to socialize. (Photo by Lori Bates)



What is your favorite daytime soap opera?

All grades represented 121 total

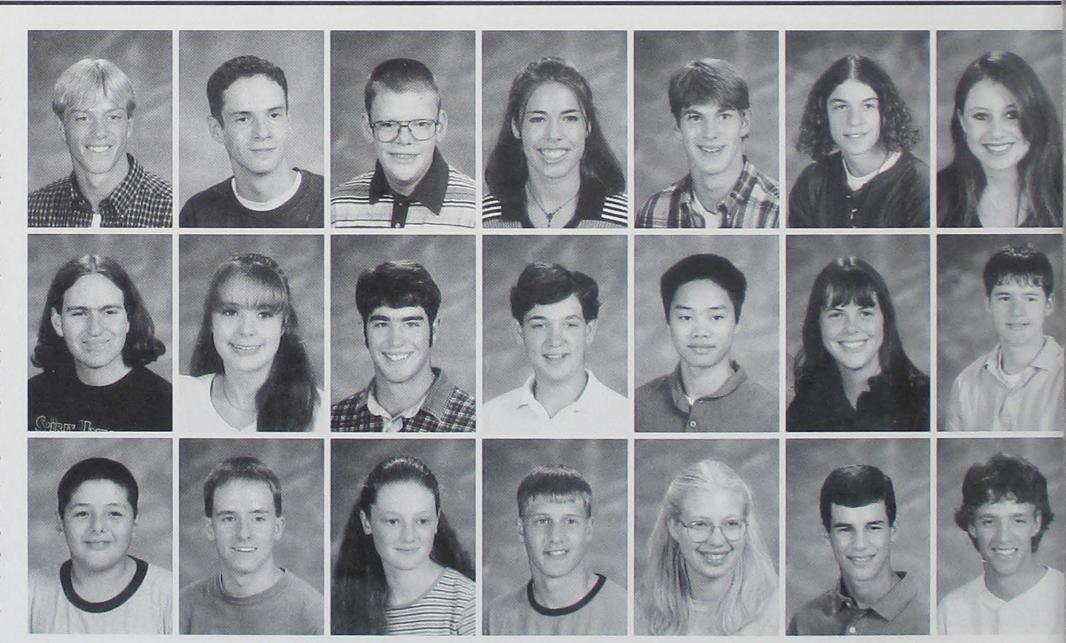
One Life to Live - 4% General Hospital - 19%
All My Children - 14% The City - 1%
Young & the Restless - 26% Bold & the Beautiful - 6%
As the World Turns - 2% Guiding Light - 3%
Days of our Lives - 25%

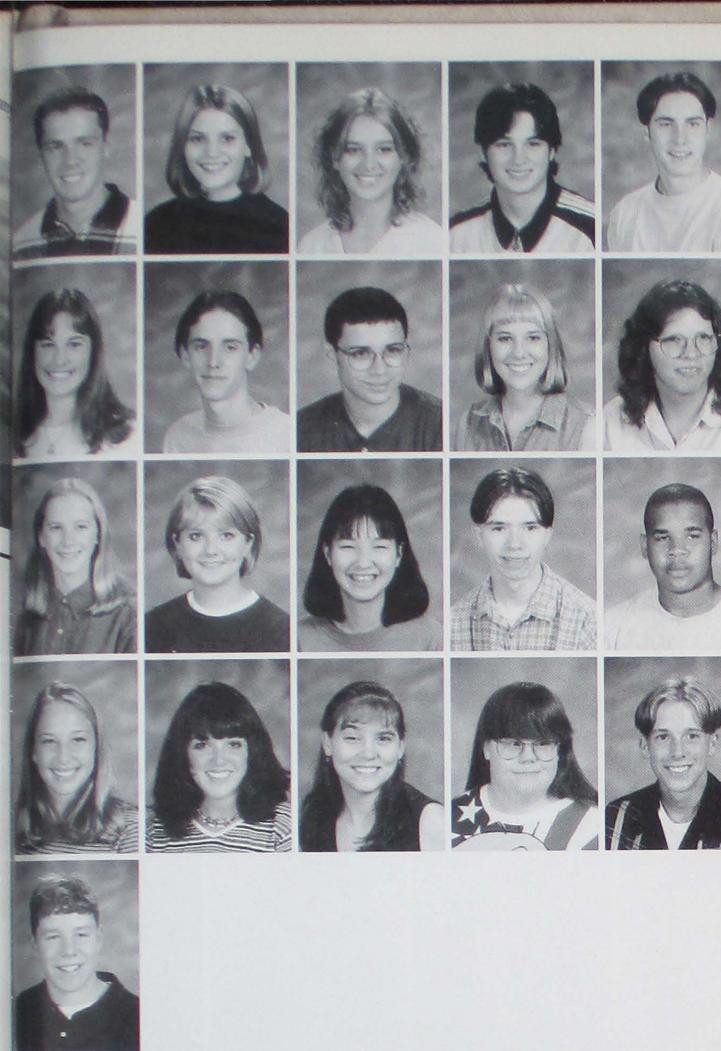
InfoGraphic by Andrew Brodie

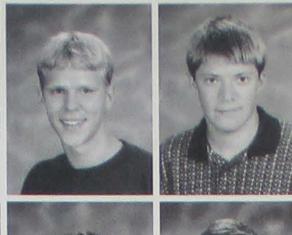
Teas, David Terpstra, David Tesdahl, Corey Tesdall, Dawn Theilen, James Thomas, Eddie Thompson, Nichole

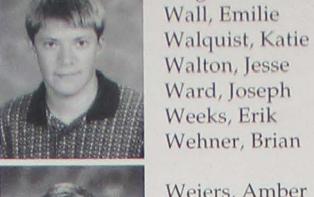
Thompson, Stephen Thompson, Tiffany Todd, Adam Townsend, Stephen Tran, Cuong Triplett, Laura Upchurch, Eric

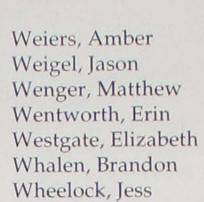
Uribe, Carlos Valline, Chad Van Brocklin, Aletia Van Maaren, Curtis Van Roekel, Katherine Vanderzyl, Matthew Veverka, Benton



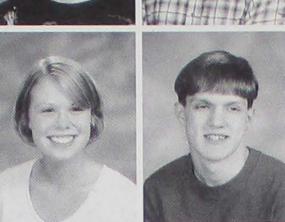








Wagner, Adam,



White, Darcy White, Erica Wilkins, Kari Williby, Jonathan Wilson, Arach Wilson, Mindy Wilson, Nicholas



Wilson, Stephanie
Winton, Brooke
Wright, Deann
Wulf, Jennifer
Youngberg, Kyle
Youngerman, Timothy
Younie, Ashley

Ziebell, Bradley



unior Kara Greving writes in the Junior/Senior room. She wearing a football jersey on the day of a game. For nany juniors, it was the first year that their classmates, riends, and boyfriends were on the football team. It was ust one of the advantages of being an upperclassman. Photo by Lori Bates)



Juniors
Matt Bull
and
Karen
Bennett
perform
a lab in
Physics.
(Photo by
Lori
Bates)

The Senior Legacy

By Kristi McConnell

Finally glad to be rid of the dreaded junior year, seniors entered into the school year with the carefree attitude that this was their last year. But not far into the year, college applications and schoolwork began building up. Then the plague of senioritis set in.

"I see that after the years of hard work and stress, everyone has become a bit insane, and no one can bring themselves to care anymore," senior **Amber Hill** said.

This observation held true for many seniors.

"Aside from my two new ulcers, my chronic senioritis, the pencil callouses on my right hand, and my new found appreciation for caffeine, it's been just anothyear," senior **Dimitrije Kostic** said.

But not every senior year fit the gene c mold of not being able to care about horwork and struggling to stay awake a classes.

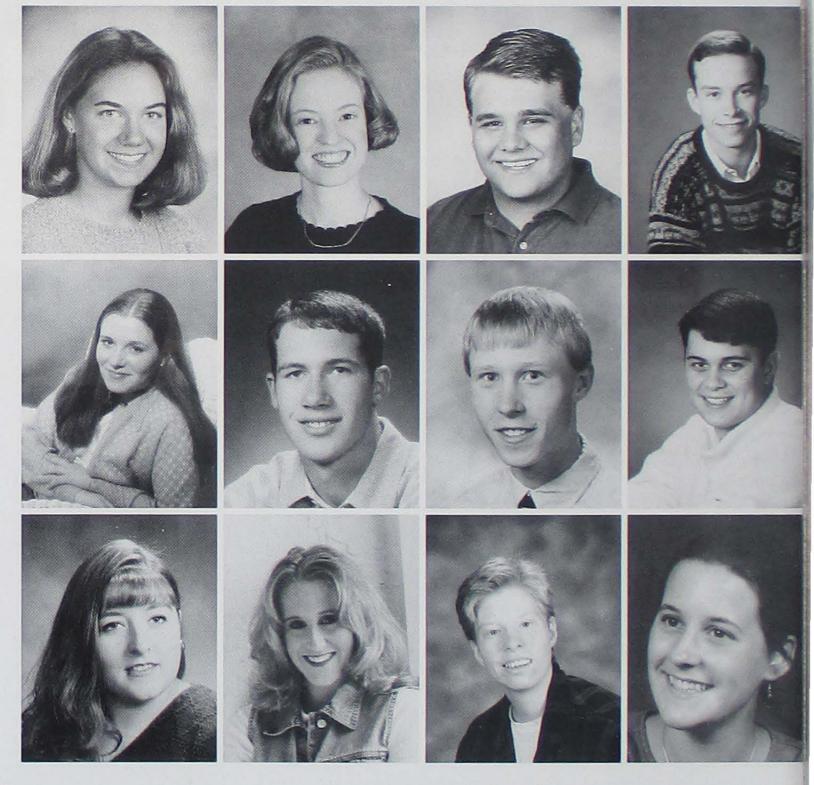
"This has been my best year by for Senioritis set in my sophomore year, by disappeared this year," senior Jule Dickson said. "I almost enjoy school. By don't get me wrong, I can't wait to gradate."

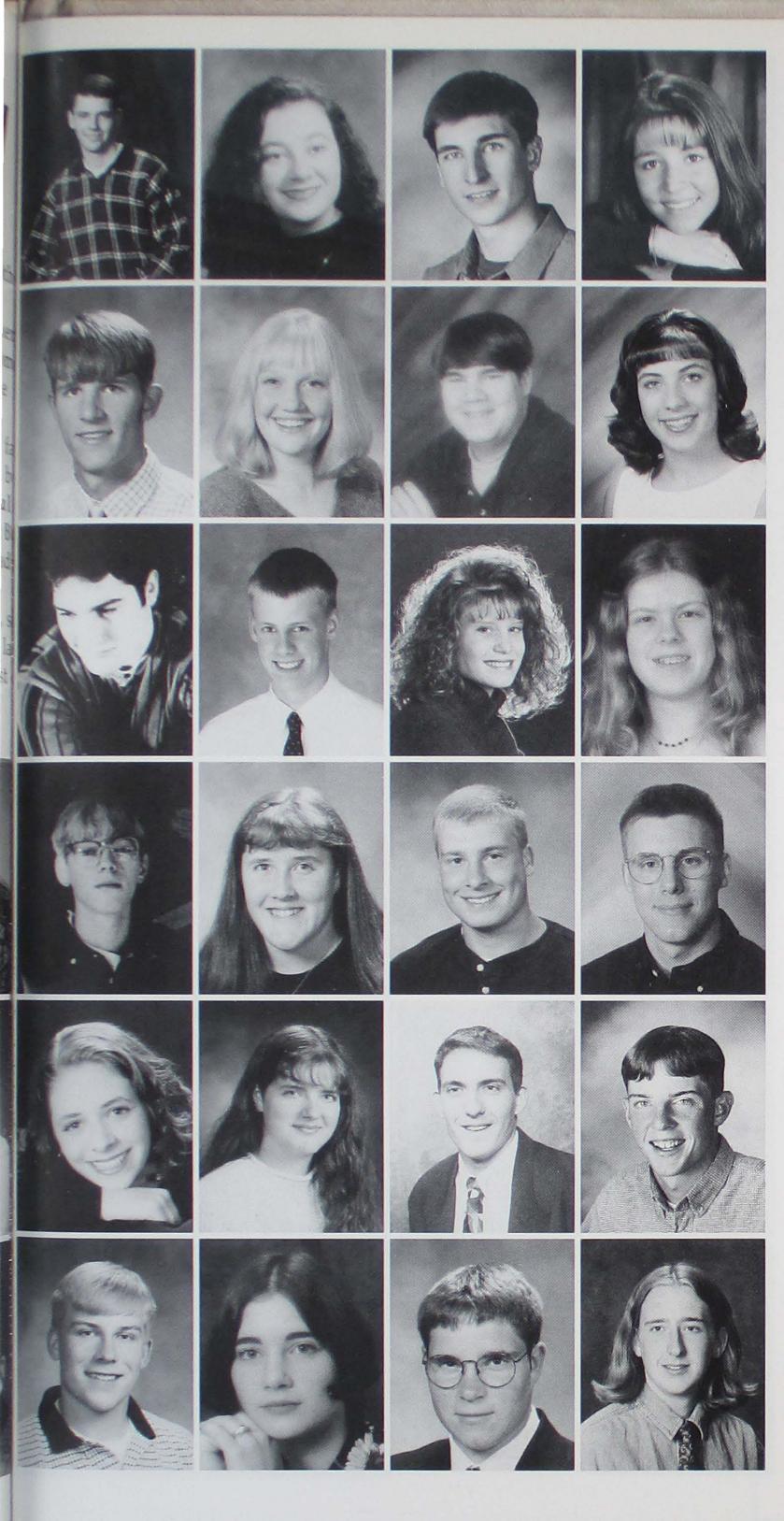
With graduation in the near future, sniors worked to concentrate on their la year of high school and make the most the opportunities it presented.

Rachel A. Abbott: All-State 9-10; Band 9-12; X Country 9-12; Solo/Ensemble Contest 9-12. Angela Adams: Band 9-12; X Country 12; Homecoming Comm. 12; I V-Ball 9, 12; Key Club 9; Marching Band 9-12; Play 9; Student Council 12; Senate 11; Track 9-12; Volunteers 11-12. Andrew Albaugh: Athletic Ambassador 9-12; Band 9-12; Jazz Band 9; Marching Band 9-12; Peer Helping 10. Gregory R. Albright: I-Ball 11-12; I V-Ball 12; Sports Manager 12.

Jennifer Aldridge: Band 9-12; Choir 11; Marching Band 9-12; Pep Band 9-10; Volunteers 11-12. Brent Antisdel: Baseball 9; Basketball 9; DECA 12; Football 9-12; I-Ball 10-12; Track 9-12. Ryan Arneson: Hockey 9-12. Eric Auge: Football 9-12; I-Ball 12; Key Club 12; Senate 11-12; Wrestling 9-11.

Melanie Ausborn. Jill Baker: Cheersquad 9-12; Homecoming Committee 12; I-Bowling 12. Kerrie Bald. Anne Barnhart: Ambass. 10-12; Band 10-12; X Country 9-12; Homecoming Court 12; I-Ball 9-12; Marching Band 9-12; Orchestra 12; Softball 9-12; Solo/Ensemble Contest 9-12; Senate 9-10, 12; Track 9-12; Volunteers 11-12.





Jason Battles: I-Ball 9, 11-12. Catlyn Beach. Corey Beck: I-Ball 9-12; I V-Ball 9; SPIRIT 12; Track 10. Laura Beerman: X Country 11; DECA 12; Homecoming Comm. 11-12; I-Ball 9-12; Sr Girls Club 12; Track 10-11; Volleyball 9-10.

Klint Belz: Basketball 9-10; Football 10-12; I-Ball 10-12; Senate 9-10; Track 9-12; Volunteers 11-12. Barbara Ann Bennett: Basketball 9-12; Key Club 9-10; SADD 11; Sr Girls Club 12; Track 9-10; Volleyball 9-10. Jake Bills: Band 9-12; Choir 11-12; Football 9-12; Jazz Band 9-12; Marching Band 9-12; One Acts 9-10; Pep Band 9-12; Play 9-10; Solo/Ensemble Contest 9-12; WEB 12. Christina Lynn Bitz: Ambass. 10-12; WEB 12.

Andrew Boekelman: 100th Gr. Butterfly 9-10; Football 10. Nicholas Bokhoven: Basketball 9; Band 9-10; Football 10; I-Ball 10-12; Marching Band 9-10. Michelle Boster. Elizabeth Bovenmyer: Band 9-12; X Country 10-12; Marching Band 9-12; Track 10-12.

Jonathan Bovenmyer. Allison Brennan: Basketball 9-10,12; X Country 10; DECA 12; I-Ball 11; SADD 10; Sr Girls Club 12; Softball 9-12; Volleyball 9. Ben Brown: Baseball 9-12; Basketball 9-12; Football 9-12. Donald J. Brown: Baseball 9-12; Basketball 9-12; Volunteers 10-11.

Aubrey Bryant: Cadet Teaching 12; Key Club 12; Madrigal 10-12; Peer Helping 10; Play 12; Treble Choir 10-11; Volunteers 9-12. Erin Bryant: Basketball 9-11; I V-Ball 9-12; Peer Helping 9. Jake Bullock: X Country 10-12; Football 9-10; Track 9-11; Wrestling 10-11. Dennis D. Burgduff: Ambass. 9-10; Baseball 9-11; Basketball 9-12; Choir 9-12; Football 9-12; Track 11; T.V. show 11; WEB 12.

James A. Burrow III: Baseball 9-10; Basketball 9-12; Football 9-12; Homecoming Court 12; Track 9-12; Mentor 11-12. Annie Butin: 100th Gr. Butterfly 10-11; Band 9-12; X Country 10-12; I-Ball 11; Group Contest 11-12; Madrigal 12; Marching Band 9-12; One Acts 11-12; Play 11-12; Track 10. Brian Cameron: Band 9-10; I-Ball 12; Marching Band 9-10. Patrick Maurice Camp: I-Ball 12; I V-Ball 12; Play 12.

Lindsay Marie Carey: Basketball 9; X Country 12; DECA 12; Homecoming Court 12; I-Ball 10-12; Sr Girls Club 12; Softball 9-10; Student Council 9-10; Track 9; Volleyball 9-10; Volunteers 10-12. Craig Carlson: VICA 12. Chad Carr. Angie Carter: 100th Gr. Butterfly 9-12; Ambass. 10-12; Amnesty Inter. 11-12; Band 9-12; Key Club 9; Pep Band 11; Play 9-10; SPAD 10, 12; Solo/Ensemble Contest 9-12.

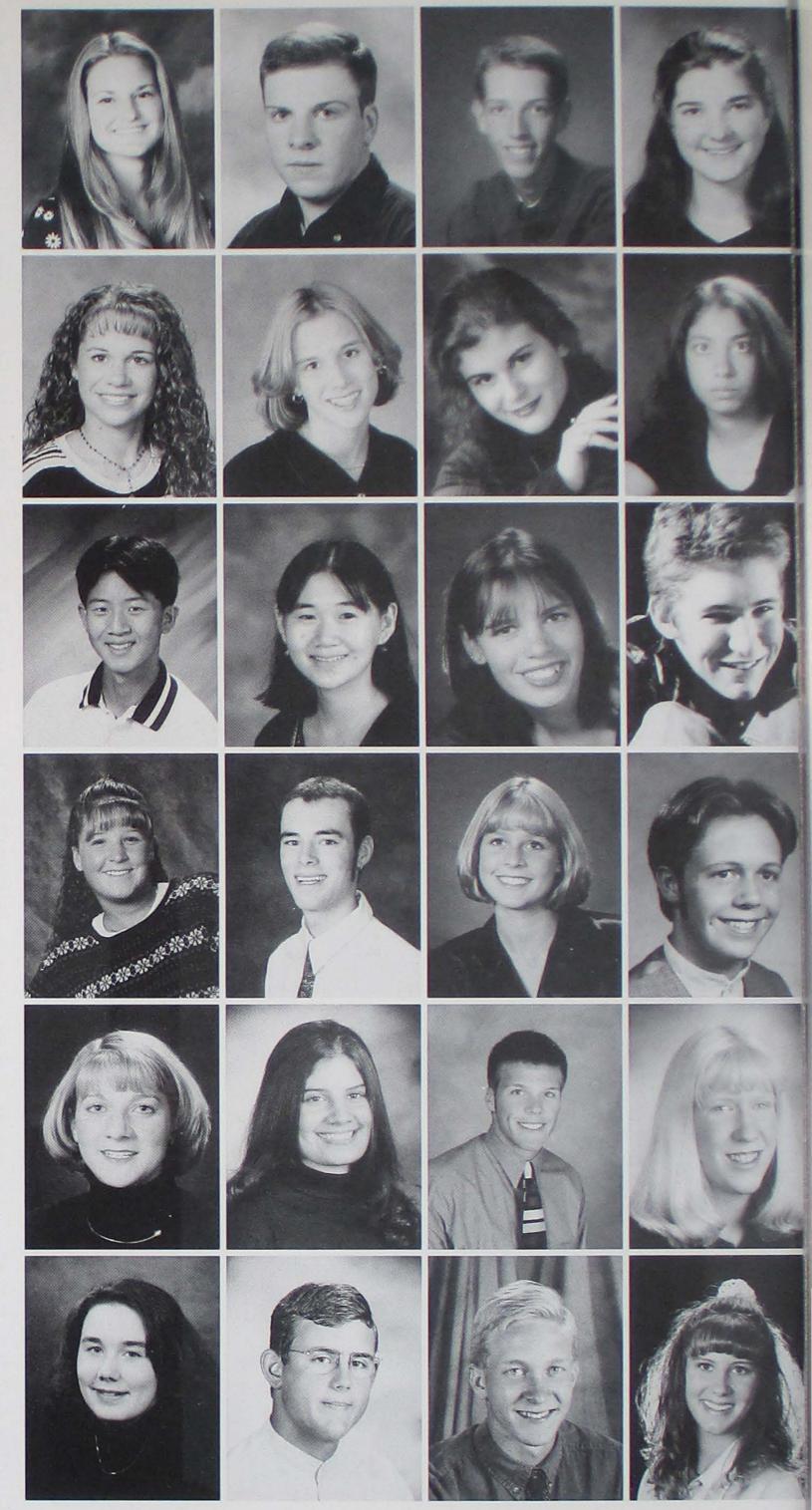
Jennifer M. Carter: Basketball 10; DECA 12; I-Ball 9; Sports Manager 11; Sr Girls Club 12. Natalie Carver: Ambass. 9-12; Basketball 9-12; Choir 9-12; Homecoming Comm. 11-12; Key Club 10; Sr Girls Club 12; Senate 9-12; Tennis 9-12; Volunteers 11-12; Mentor 11-12. . Tenille Suzanne Castonguay: Band 9-11; Choir 9-11; Debate 9-10; Pep Band 9; Play 9; Speech Club 9-10; Treble Choir 10-11; Volleyball 9-10. Rachel Chacko: 100th Gr. Butterfly 9-12; All-State 9-12; Amnesty Inter. 11; Band 9-12; X Country 10, 12; Orchestra 11-12; Pep Band 10-12; SADD 11; Solo/Ensemble Contest 9-12; Speech Club 10; Mentor 11-12.

Michael C. Chang: Amnesty Inter. 12; Band 9-12; Debate 9; I-Ball 11; Key Club 10-11; Marching Band 9-12; OM 9; Orchestra 9-12; Solo/Ensemble Contest 12; Tennis 9-12. Annie Cheng. Kate Christensen: Ambass. 11; Basketball 9-10; I-Ball 11-12; Mock Trial 9; One Acts 10; Play 11-12; Sr Girls Club 12; Swimming 9-12; Tennis 9; Thespians 12. Bruce Cirksena.

Jennifer Clark: Ambass. 10-12; DECA 12; Homecoming Comm. 11; I-Ball 9-10; Sports Manager 9-11; Sr Girls Club 12; Softball 9-10. Nathan Cook: Band 9-11; Jazz Band 9; Marching Band 9-11; Pep Band 10-11. Amy Corley: Ambass. 10-12; Cheersquad 9-11; Choir 9-12; X Country 9-12; Group Contest 9-12; Solo/ Ensemble Contest 9-12; Track 9-12. Jonathan Coy: Cheersquad 11-12; Choir 9-12; Group Contest 9-12; Solo/Ensemble Contest 11-12; Swimming 9-12.

Kathryn Craig: Cheersquad 9-10; Band 9-12; Choir 9-12; Key Club 11; Madrigal 12; Mock Trial 9-12; Orchestra 9-12; Pep Band 11-12; Play 9, 12; Solo/Ensemble Contest 10-12; Senate 12; Terpsichore 9-12. Kirsten Crase: Band 9-12; Choir 9-12; Madrigal 10-12; Orchestra 11-12; Solo/Ensemble Contest 9-12; Senate 12; Terpsichore 10. Jonathan Crawford: Basketball 9-11; Football 9-12; Homecoming Court 12; I-Ball 12; Soccer 10; Volunteers 9-11. Lisa Cronin.

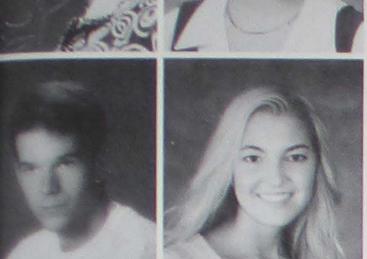
Emily K. Dahlgren: 100th Gr. Butterfly 9-11; Concert Band 9-12; I V-Ball 9, 11; Marching Band 9-12; Mock Trial 9-12; Peer Helping 11; Solo/Ensemble Contest 11-12. Cody Dakan: Golf 10; I-Bowl 11-12; Sports Manager 12; Swimming 9-12. Ryan Davis: Ambass. 10-12; DECA 12; I-Bowling 12. Natalie Deiter: Golf 9-12; Homecoming Comm.11; I-Ball 10,12; Sr Girls Club 12; Volleyball 9.







Robin Gwen Dekker. Julie Lynn Dickson: Ambass. 9-12; Cheersquad 10; Band 9-12; DECA 12; Key Club 12; Marching Band 9-12; Orchestra 12; Peer Helping 11; Solo/Ensemble Contest 9-12; Swimming 10-12; Terpsichore 9; Track 9-11; Volunteers 9-12.



Brian Donaldson: VICA 12. Stefanie Colleen Donnell: Key Club 10-12, Pres. 12; Play 9-10; SADD 12; Soccer 9-11; Volunteers 12; WEB 12.

Seniors Angie Carter, Melissa Leek, and Jenny Peterson study outside while enjoying the nice weather. (Photo by Jason Rearick)





Dana Doran: Cheersquad 9-12; Choir 9-11; Golf 10; Homecoming Comm. 11-12; Homecoming Court 12; I-Ball 10; Sr Girls Club 12; Student Council 11; Tennis 9; Terpsichore 12; Track 11; Volunteers 11-12. Jay Dougan.











Millie Dowling: All-State 9, 11-12; Chamber Orch. 9-12; Band 12; Choir 9-12; Key Club 10-12; Group Contest 9-12; Marching Band 12; Orchestra 9-12; Solo/Ensemble Contest 9-12; Terpsichore 10, 12. Steffi Kirsten Drewes: 100th Gr. Butterfly 10-12; Choir 9-12; I V-Ball 9; Madrigal 9-12; Peer Helping 11; Play 12; Tennis 9-12.

Kelly Dunlay: Basketball 9-12; Band 10-12; X Country 9-12; Key Club 11-12; Marching Band 9-12; Orchestra 11-12; Solo/Ensemble Contest 10-12; Track 9-12; Volleyball 9. Phil Duple.

Brian Durham: VICA Treasurer 12. Justin Eckard.

Senior Advice

"Take government in the summer because it is less work." -Beth Orning Senior

"My advice is to take a lot of fun classes like foods during your senior year. It's no stress and its your last chance to take these classes for free."

> -Naomi Lohr Senior

"I've learned a lot my senior year, mostly not to get behind in classes. It may be difficult, but it's very important to try not to succomb to the temptation of senioritis."

> -Carrie Tett Senior

Dan Ehresman: 100th Gr. Butterfly 10-12; One Acts 11-12; Play 11-12. Luke Elbert: VICA 12. Robin Elwick: Band 9, 11-12; Band 9, 11-12; Softball 9; Swimming 9-12. Brian Fliehler: Baseball 9; Golf 9-12; I-Ball 9-12; I V-Ball 9.

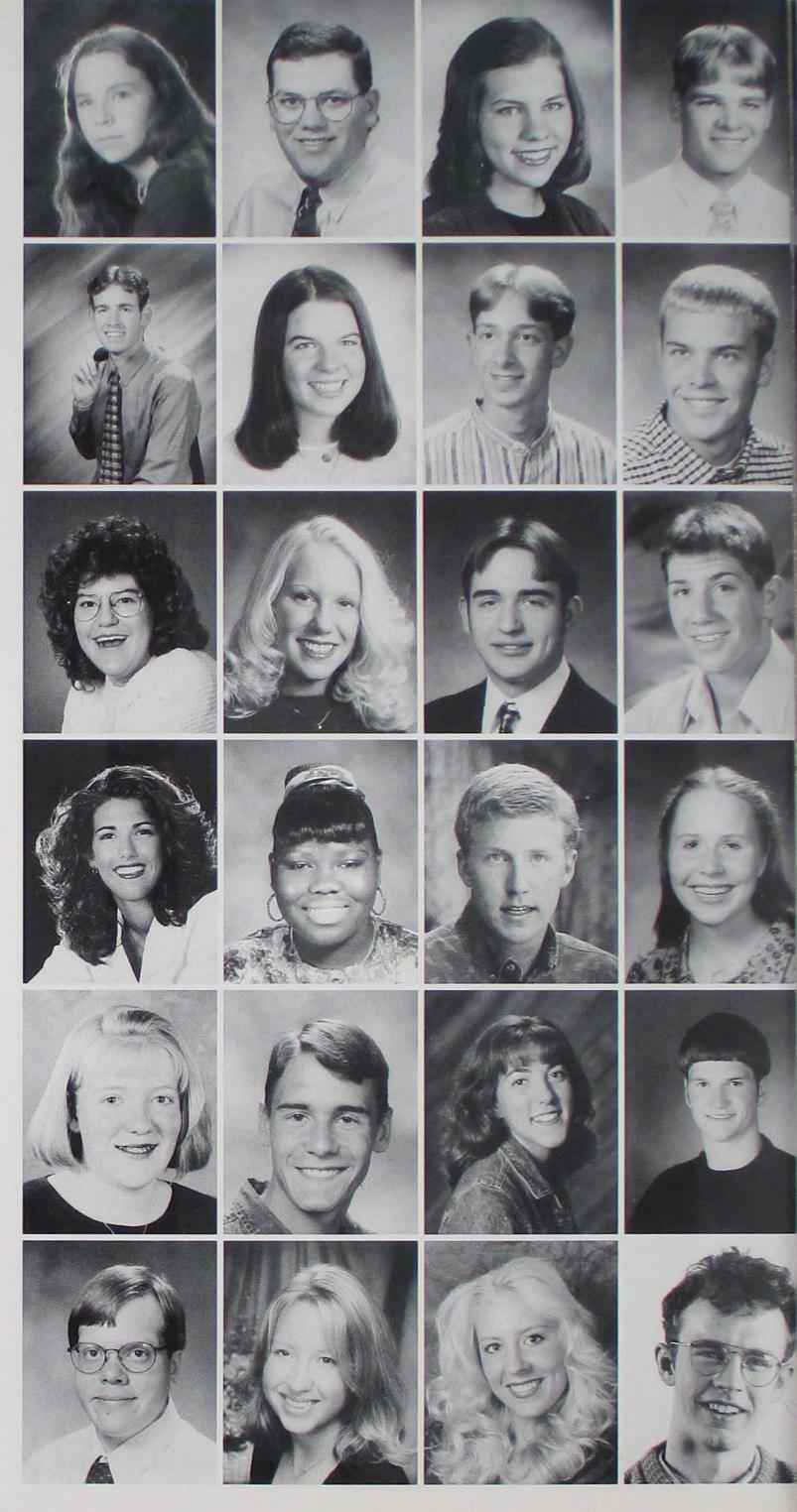
Daniel Folkmann: Band 9; DECA 12; Marching Band 9; Soccer 12; Wrestling 9-10. Beth Foote: Cheersquad 9; X Country 9-12; Homecoming Comm. 9; I-Ball 11-12; Soccer 12; Track 9-12; Volunteers 11-12. Jason Foster: I-Ball 9-12; I V-Ball 9-10; Soccer 9-12; Senate 12. Tyler Fraser.

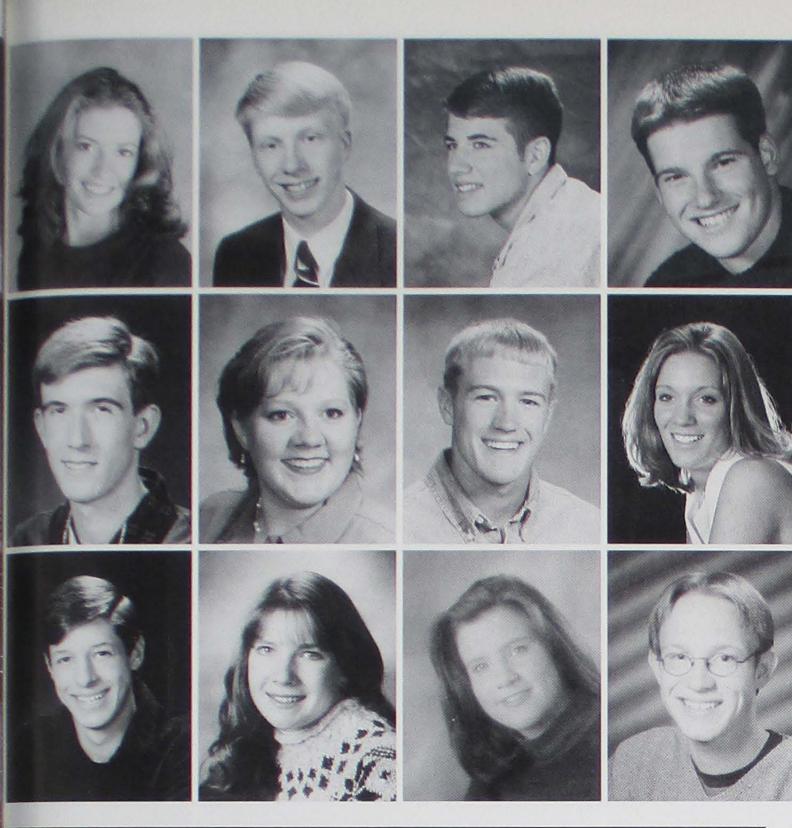
Amanda Frye. Michelle Gano: Homecoming Committee 11-12; Homecoming Court 12; I-Ball 10-12; Sr Girls Club 12; Volleyball 9-11; STAND 9-10. Steven J. Gartz: Band 9-12; I-Ball 9-10, 12; I V-Ball 12; Jazz Band 9-12; Marching Band 9-12; Pep Band 9-12; Play 12; Solo/Ensemble 9-12. Daniel Genalo: Baseball 9; Football 9-12; I-Ball 10-12; Play 12.

Melissa Genovese: Homecoming Comm. 11; I-Ball 12; Sr Girls Club 12. Blana Gibli: Human Relations Comm. 11; Track 11. Dan Gilloon. Jean Gladon.

Rebecca Glatz: 100th Gr. Butterfly 9-10; Basketball 9; Band 9-12; I V-Ball 9, 11; Key Club 12; Marching Band 9-12; Mock Trial 10-12; Pep Band 11-12; Soccer 11-12; Solo/Ensemble Contest 9-12; Senate 12; Swimming 9. Sean Gleeson: Baseball 10-12; I-Ball 9-12. Shannon Goldman: Band 9-10; Choir 9; X Country 9, 11-12; Homecoming Comm. 12; I-Ball 11-12; Marching Band 9-10; Sr Girls Club 12; Student Council 11-12; Senate 9-10; Track 9-12; Trainer 9; Volunteers 11-12. Brian Good: Choir 9-11; Golf 9-12; Group Contest 9-11; Madrigal 9-10; Solo/Ensemble Contest 9; Track 9-11; WEB 12; Wrestling 9-12.

David Goodfriend. Christine Goodrich: Choir 9-10, 12; Key Club 10; Group Contest 9-10, 12; Twirlers/Flag Corps 12. April Goodwin. Ryan Greenlaw: 100th Gr. Butterfly 11; Mock Trial 9-12; OM 9-10; One Acts 10-11; Play 9-12; Terpsichore 11-12; Thespians 11-12.





Leah M. Haas: I-Ball 12; Sr Girls Club 12; Soccer 10-12; Track 12; Volunteers 12. David Timothy Hall: Choir 9; OM 10-12. Ezra Hallam: Baseball 9-10; Band 9-10; X Country 11-12; Football 9-10; Senate 9,11; Track 9-12; Wrestling 9-12. Drew Hamilton: Ambass. 10-12; Football 9-12; I-Ball 11; Senate 11-12; Track 10-11; Volunteers 11-12; Wrestling 9, 12.

Bryan Hansen: Band 9-12; DECA 12; I-Ball 11; Jazz Band 11; Pep Band 10-11; Soccer 10-12. Hosanna Hanson: Ambass. 11; Choir 9-10; Volunteers 12. Jacob Hanson: Baseball 9-10; Basketball 9-12; Football 9-12; Rules Comm. 10; Student Council 9-10; Track 11; Volunteers 10-11. Emily Kathleen Harris: Basketball 10; DECA 12; Sr Girls Club 12; Trainer 9.

Anthony Hartman: Ambass. 9-12; I-Ball 11-12; I V-Ball 9-10; Pep Band 9-11; Soccer 10-12; Student Council 12; Senate 9-11; Swimming 9-12. Emily Hausner: Ambass. 9-12; I V-Ball 10; Track 9-10. Emily Beth Hawkins: 100th Gr. Butterfly 9-10; Choir 9-12; Group Contest 9-12; Madrigal 9-10; Sr Girls Club 12; Softball 9-12; Treble Choir 10-12; Volleyball 9-12. Ryan S. Haynes: All-State 9-12; Band 9-12; Jazz Band 10-12; Madrigal 10-12; One Acts 9-12; Orchestra 11-12; Pep Band 9-12; Play 9-12; Solo/Ensemble Contest 9-12; Senate 12; Swimming 9-12; Thespians 10-12; Volunteers 11.

Who do you admire most?

"I admire Don King because he has cool hair like me."

-Andrew Kingsbury

Freshman

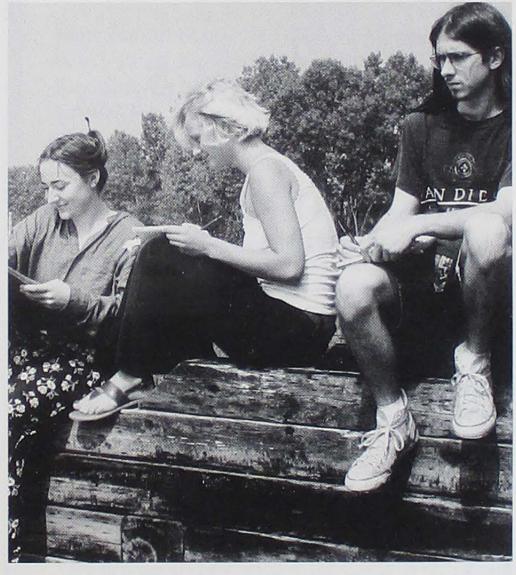
"My mother because she's beautiful, intelligent and everything else
that I'm not."

-Sofia Mosesova
Junior

"Bridget McCarley because she
puts up with all of us."
-Molly McNertney
Sophomore

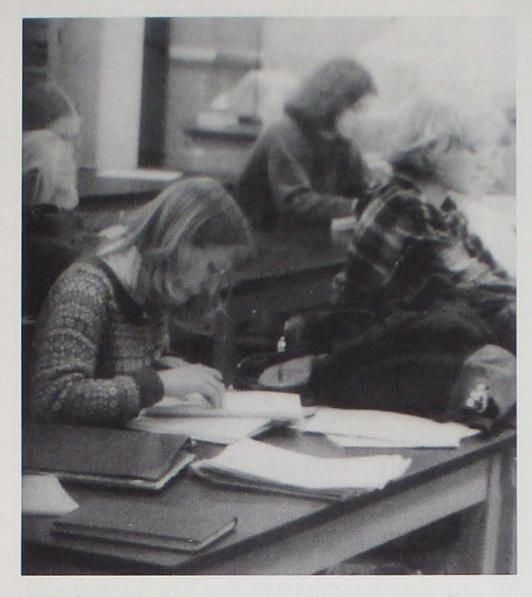
"I admire Mr. Uetz because he admits to being a person with specific limitations and doesn't try to fool himself or others of the fact."

-Cheri Kruger
Senior



Seniors Anne Stoltze, Robin Dekker, and Dimitrije Kostic work outside for an art class on a nice day. (Photo by Lori Bates)

Seniors Erica Wehner and Jill Watson work on a lab in chemistry class. Students often used class time to get homework done. (Photo by Jason Rearick)



Rob Heiberger: Baseball 9-12; Basketball 9; Football 9-12; I-Ball 10-12.

Eileen Heideman: 100th Gr. Butter-

fly 9-12; Amnesty Inter. 10-12.

Nate I. Heaberlin: VICA 12; Wres-

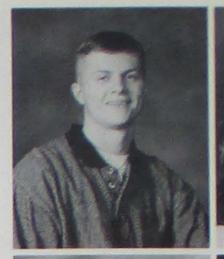
tling 9-10. Christine Heggen.

Ben Heller: Band 10-12; Marching Band 10-12; Pep Band 10; Solo/Ensemble Contest 10-12; Swimming 10-12. Heather Herold: Cheersquad 9-12; Amnesty International 9; Band 9-12; Choir 9-12; Golf 9-10; Homecoming Committee 9-12; I-Ball 10-12; Group Contest 9-12; Marching Band 9-12; SADD 9-10; Sr Girls Club 12; Senate 9-12; Volunteers 9-12; Solo/Ensemble Contest 9-12; Black History Quiz Bowl 9-10; Student Council 9.

Alan Hertz: Ambass. 9-12; Band 9-12; Choir 9-12; X Country 9-12; Jazz Band 12; Group Contest 9-12; Madrigal 9-12; Marching Band 9-12; Pep Band 9-12; Play 9; Swimming 9-12; Track 9-12; Solo/Ensemble 9-12. Nick Hetzel: I-Ball 9-12; Officer 12; Track 9.

Heidi Hickman: Ambass. 10-11; I-ball 11-12; Sr Girls Club 12; Swimming 9-10; Volunteers 11-12. Max Highland: Volunteers 11-12; Twister Club 10-11.

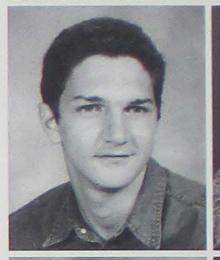
Amber Hill: Band 10-12; X Country 11-12; I V-Ball 10; Key Club 10-12; marching Band 110-12; Solo/Ensemble Contest 11-12; Track 10-11. John Edward Hinrichsen: Ambass. 9-12; Band 10-12; I-Ball 10, 12; Key Club 9-12; Marching Band 9-12; Pep Band 10-12; Student Council 11; Senate 9.





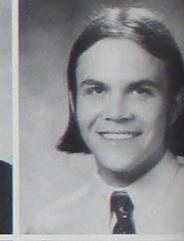




















Favorite TV Shows

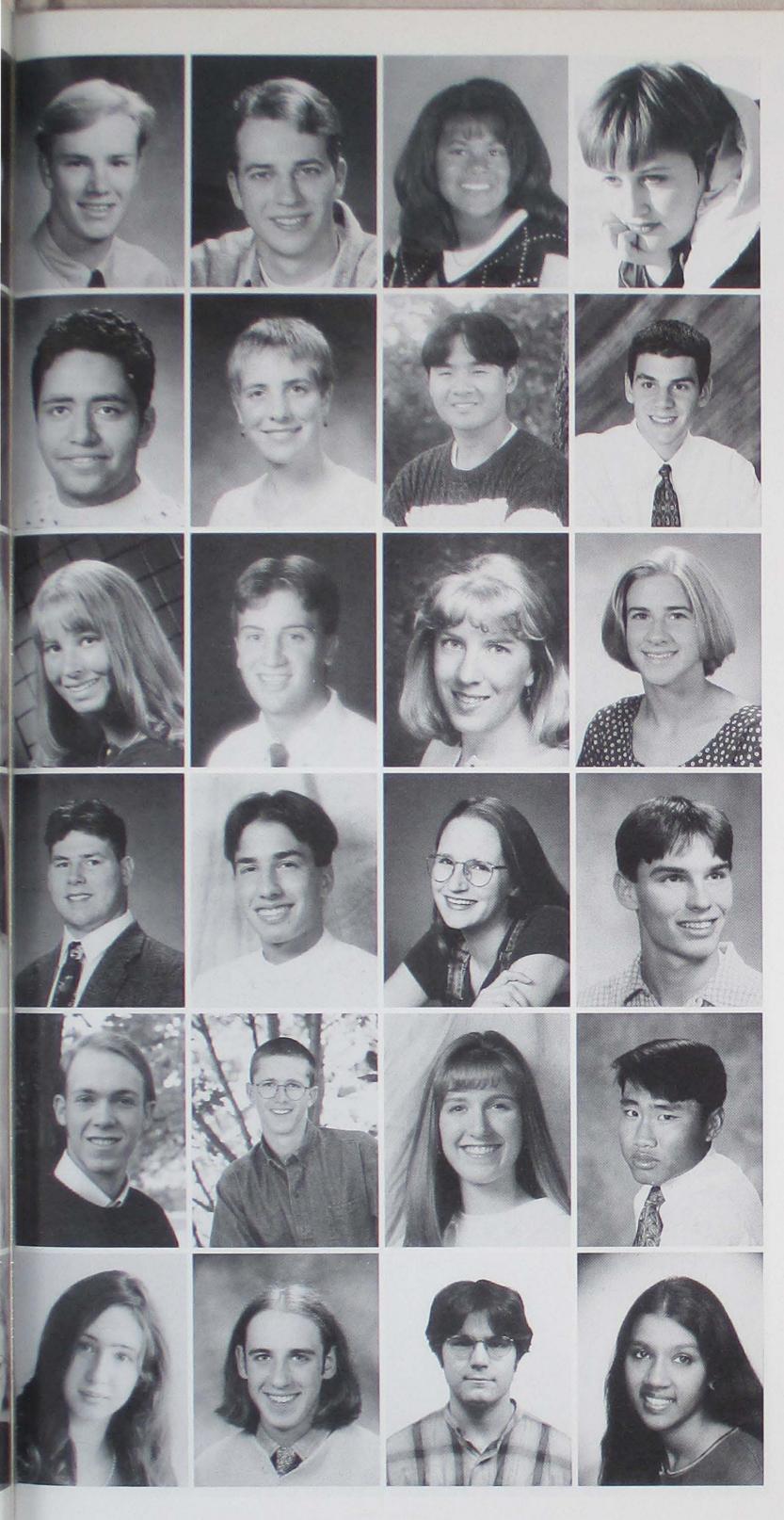
"Daria' because at least one person in the show is reflective of a person at any school." -Lindsay Van Fleet Freshman

"'Gilligan's Island' becuase Gilligan and I
have a lot in common."

-Beau Biskner
Sophomore

"Party of Five' because it's real, with real people and real situations."

-Michelle Gano
Senior



Andrew Hoiberg: Baseball 9-10; Football 9-12; Homecoming Court 12; I-Ball 9-12; One Acts 12; Play 12; Track 9-11. Travis Huiatt: Band 9-12; Choir 9-12; Group Contest 9-12; Pep Band 9-11; Solo/Ensemble Contest 11. Meghann Hunt: Ambass. 9-12; Basketball 9-10; Homecoming Comm. 11-12; I-Ball 11-12; Sr Girls Club 12; Senate 9-11; Tennis 9-12; Volleyball 9-12; Volunteers 9-12. Rebecca Hunter: All-State 10-12; Choir 9-12; Group Contest 9-12; Madrigal 10-12; Play 9, 12; Solo/Ensemble Contest 9-12.

Amr Ibrahimr: Soccer 12; Swimming 12. Eleanor Jensen: Amensty International 11-12; Choir 9; One Acts 11; SPAD 11; Soccer 9-12; Swimming 9-11. David Jeong: Ambass. 12; Chamber Orch. 11-12; Band 9-12; golf 10-12; I-Ball 9-12; Jazz Band 9-12; Key Club 11-12; Marching Band 9-12; Senate 12; Tennis 10-12. David Joens: Basketball 9-12; Choir 9-12; Football 11.

Kayla John: DECA 12; Golf 9-12; Homecoming Comm. 11; I-Ball 9-12; Sr Girls Club 12; Volleyball 9-11; Volunteers 10. Daniel Johnsen: Baseball 10-12; Football 10-12; I-Ball 11-12; Track 11-12. Amy Johnson: Band 9-12; X Country 11-12; I V-Ball 10; Jazz Band 9; Key Club 11-12; Marching Band 9-12; Pep Band 12; Terpsichore 12; Track 10-12. Erin Johnson: Basketball 9-10; DECA 12; I-Ball 11-12; Sr Girls Club 12; Softball 9-12; Track 9-12; Volleyball 9-12; Volunteers 9-12.

Marc Jones: Baseball 9; DECA 12; Football 9; Wrestling 9-10. Nathaniel Jones: I-Ball 9-12; I V-Ball 9; Key Club 11-12; Soccer 10-12; Student Council 12. Crystal Juncker. Mike Kadolph: Ambass. 10-12; DECA 12; Football 9-12; I-Ball 9-12; I V-Ball 9-10.

Ryan Kelly: Band 9-12; Marching Band 9-12; Pep Band 9-12; Senate 9-12; WEB 11-12; Symphonic Band 12; Band Officer 12. David M. Kinley: Baseball 9-12; Golf 10-12; I-Ball 11-12; Peer Helping 9; Senate 9-11; Wrestling 9-12; Mentor 11-12. Melissa Anne Kinyon: Ambass. 10-12; Cadet Teaching 12; Homecoming Comm. 11; I-Ball 12; One Acts 12; Peer Helping 10; Swimming 12; Terpsichore 10-12; Volleyball 9-11; Volunteers 11-12. Sensak Kiojai: Ambass. 11-12; DECA 12, Officer 12; Football 9-10; I-Ball 9; Senate 9-11; Wrestling 9-12.

Ellen Elizabeth Kitchell: Amnesty Inter. 12; Band 10-12; X Country 9-12; Key Club 9-12; Group Contest 9-12; Scratch Pad 9-12; Solo/Ensemble 9-12; Terpsichore 10-12; Track 9-10; Choir 9-12. Toby Knapp. Uri Kogan: All-State Paticipant 11-12; Human Relations 9-12; Group Contest 10-12; Model U.N. 9-12; Play 9-12; Solo/Ensemble Contest 10-12; Thespians 10-12; Political Forum 12; Quiz Bowl 11-12; Senate 9; Ambass. 9-12; Choir 10-12; I-Ball 9-10; I V-Ball 10-11. Priya Kothari: 100th Gr. Butterfly 11-12; I V-Ball 12; Key Club 10; Madrigal 11-12; Mock Trial 9, 11-12; Orchestra 9-12; Solo/Ensemble Contest 9-10, 12; Terpsichore 9-12.

Senior Ally Rippke reads a magazine in the hallway. Seniors took advantage of having open campus to do what they wanted with free periods. (Photo by Jason Rearick)



Elisabeth L. Kracher: All-State 11-12; Ambass. 9; Band 9-12; Choir 11-12; Key Club 11; Group Contest 11-12; Madrigal 12; marching Band 9-12; Orchestra 11-12; Play 9, 12; Solo/Ensemble Contest 9-12. Cheri Teresa Kruger: 100th Gr. Butterfly 10-12; SPAD 12; Twirlers/Flag Corps 9-12; Twister Club 10-11. Vanessa Kuo: Ambass. 11-12; X Country 11-12; I-Ball 11; SADD 10-11; Sr Girls Club 12; SPIRIT 10-12; Track 9, 12. Eric Lambi: Band 9-11; Jazz Band 9; Sports Manager 12; Marching Band 9-11; Pep Band 9; Wrestling 9-12.

Jon Lara: Football 9-11; VICA 12; Wrestling 11. Adam Larson. Melissa Leek: 100th Gr. Butterfly 10-12; Amnesty Inter. 12; Choir 9; I V-Ball 9; SADD 9; Mentor 11-12. Melissa Anne Lehmkuhl: Ambass. 11-12; Choir 9-10; X Country 9-12; I-Ball 9, 12; I V-Ball 9; One Acts 10; Play 12; Solo/Ensemble Contest 10; Senate 9-12; Track 9, 12; Volunteers 11-12; Mentor 11-12.

Bess Lewis: Band 9-12; OM 9-12; Play 9-12; Thespians 11-12; Science Olympiad 9-10; Choir 9-12; Marching Band 9-12; One Acts 9-12. Erin Life: DECA 12; Golf 9-12; Homecoming Comm. 11-12; Sports Manager 11; Sr Girls Club12; Swimming 9-11. Jason Lippard: Band 9-12; Jazz Band 9-12; Marching Band 9-12; One Acts 12; Pep Band 9-12; Play 9-12; Solo/Ensemble Contest 9-12; Thespians 11-12. Lindsey Litchfield: Basketball 9; X Country 9-12; Softball 9; Terpsichore 10; Track 9-12.

Movie of the Year

"Romeo and Juliet' because it
was such a good movie and
Leonardo DiCaprio is really
hot."

-Dawn Sutherland Freshman "Scream' because I like to
have to figure things out and you
always were wondering who the
killers were. I also loved to be
scared."

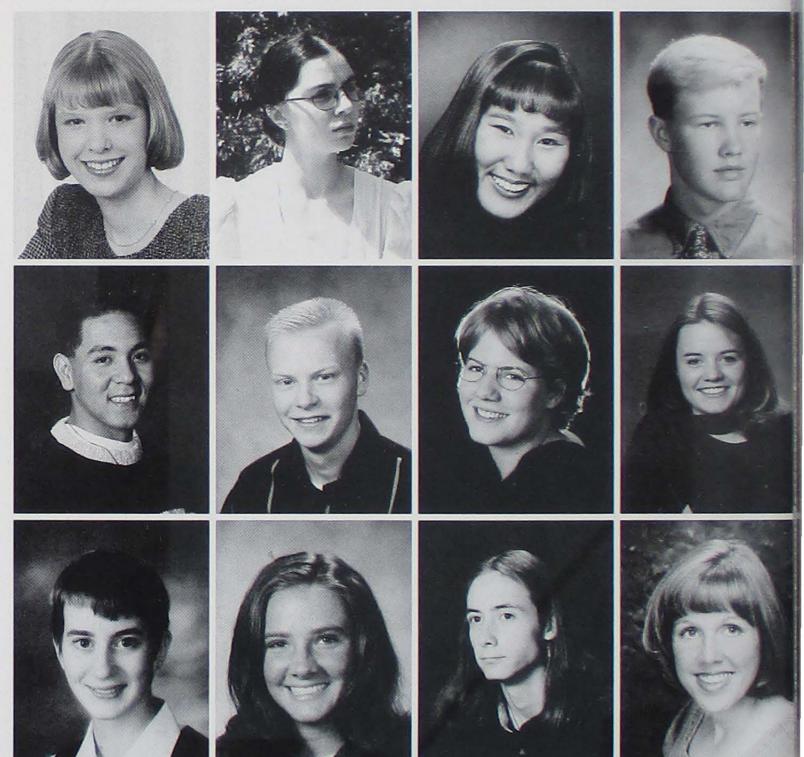
-Carrie Peterson
Sophomore

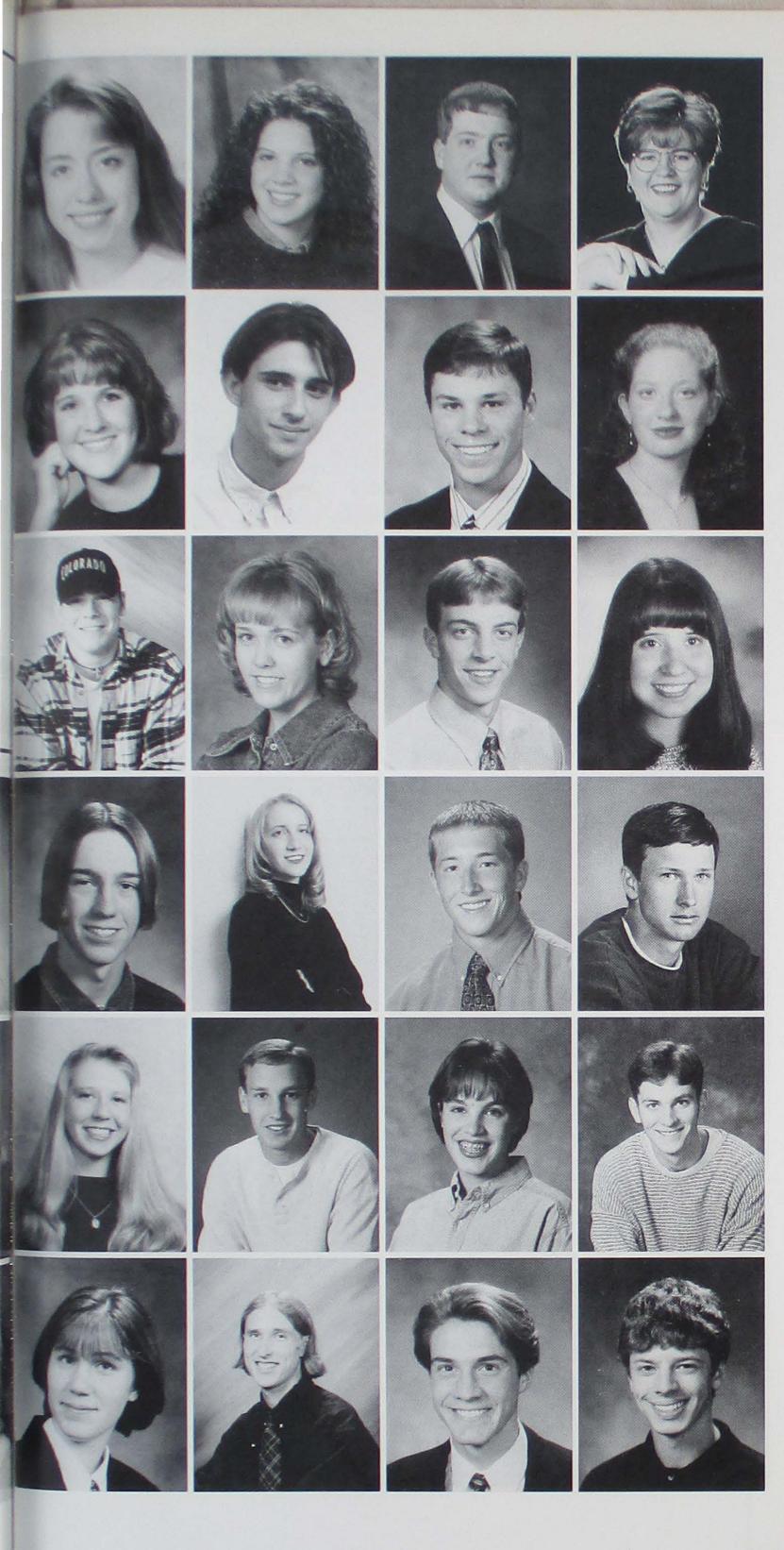
"The Saint' because Val is good looking and he can steal from me any day."

-Brenda Jones
Junior

"Jerry McGuire' because it's so romantic with the best line of all time."

-Lindsey Litchfield
Senior





Naomi J. Lohr: 100th Gr. Buterfly 10-12; Amnesty Inter. 11-12; Choir 9-12; Homcoming Comm. 11; Group Contest 9-12; Madrigal 10-12; Play 9; Senate 9; Tennis Team 9-12; Trainer 9; Volleyball 9-12; Volunteers 11-12. Katie Loney: Sr Girls Club 12; Soccer 11-12. Jeff Lubow. Mary Ann Lynch.

Susannah Christine Lyon: Basketball 9-11; Choir 9-12; X Country 12; Homecoming Comm. 12; I-Ball 12; Group Contest 9-12; SADD 9-10; Sr Girls Club 12; Softball 9-12; Solo/Ensemble Contest 9-10; Track 10-12; Treble Choir 11-12; Volleyball 9-10. Stjepan Mandic: I-Ball 12; I V-Ball 12; Soccer 12; Swimming 12; Track 12. Gavin Martin: DECA 12; Orchestra 9-11; Wrestling 9-12. Jessica Martin: Ambass. 9-11; Basketball 10; X Country 10-12; Sports Manager 9; Terpsichore 12.

Chris Marty. Melissa Maxwell: Ambass. 10-11; Choir 9, Sr Girls Club 12. Andy Maysent: Baseball 9-12; Football 12; I-Ball 9-12; Track 10-11. Kristi Lynn McConnell: Choir 9; I-Ball 11; Group Contest 9; Madrigal 12; SPIRIT 10-12; Terpsichore 10; Mentors 11-12.

Shawn McCormick: DECA 12. Emily Anne McElroy: X Country 10-12; Track 9-10; WEB 12. Bryan McGeeney: Band 9-12; Football 9-10; Jazz Band 9-12; Marching Band 9-12; Solo/Ensemble 10; Senate 11; Swimming Team 9-12. Jason McNertney: Baseball 9-12; Football 9-11; I-Ball 9-12.

Melanie Anne Mickelson: Choir 9-12; Band 9-12; Solo/Ensemble Contest 9-12; Speech 11; Student Council 11-12; Senate 11; Thespians 12; Volunteers 11-12. Eric Miller: Baseball 9-12; I-Ball 9-12. Samantha Mills: DECA 12; I-Ball 9-12; I V-Ball 10; Sr Girls Club 12; Soccer 11-12; Swimming 10-12; Track 11-12; Volunteers 9-12. Jonathan Minion: All-State 10; Baseball 9; Basketball 9; Band 9-12; Choir 11-12; Football 9; I-Ball 10-12; Jazz Band 9-12; Group Contest 11-12; Marching Band 9-12; Pep Band 9-12; Solo/Ensemble Contest 10-12.

Emily Mize: 100th Gr. Butterfly 9-12; Ambass. 9-12; Basketball 9; I-Ball 10-12; I V-Ball 9; Mock Trial 9-12; Play 9; Soccer 9-11; Speech Club 10; Terpsichore 9-12; Track 9. Jonathan W. Moore: Baseball 9-10; Basketball 9; Football 9; I-Ball 10-12. Michael Morain: Band 9-12; Choir 9-12; X Country 10-12; Homecoming Court 12; I-Ball 12; Madrigal 10-12; Marching Band 9-12; Mock Trial 9-12; OM 9; Orchestra 10-12; Pep Band 9-11; Play 9-12; Solo/Ensemble Contest 9-12; Speech Club 10-12; Student Council 10-12, Co-President 12; Senate 9; Thespian 12; Track 9-12. Chad Mortensen: Band 9-12; I-Ball 11-12; I V-Ball 12; Marching Band 9-12; One Acts 10,12; Pep Band 10; Play 10-12; Terpsichore 12; Thespians 12.

Erin Naeve: Choir 9; DECA 12; Golf 9-12; Homecoming Comm. 11-12; I-Ball 11-12; Sports Manager 11; Sr Girls Club 12; Softball 9-10; Swimming 10-12; Volunteers 11-12. Karina Nelson: Band 9-12; Key Club 11; Marching Band 9-12; Orchestra 12; Pep Band 11-12; Swimming 9-12; Track 12. Matthew Nelsen: DECA 12; Football 9-10. David Newton.

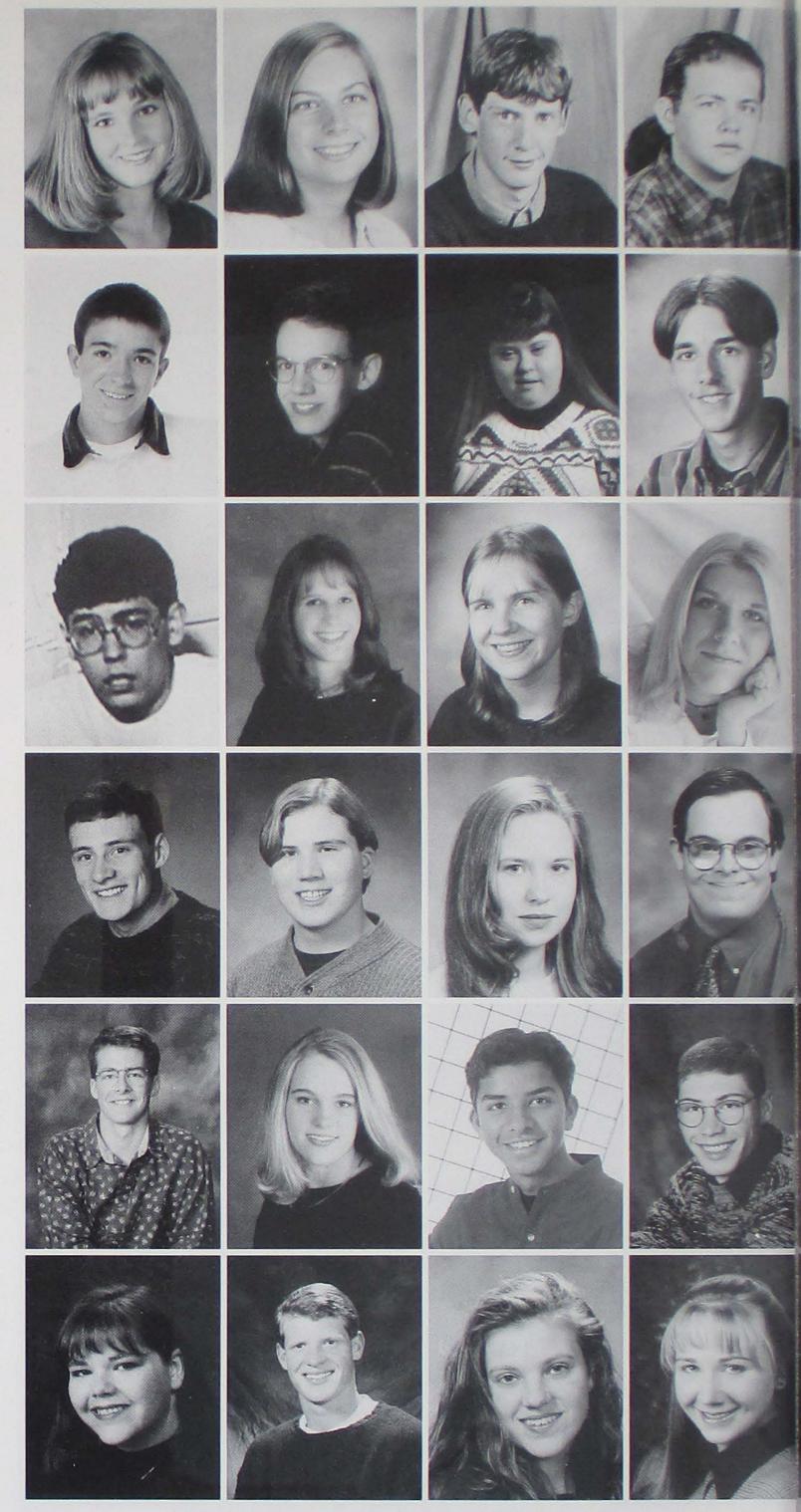
Travis Nichols: X Country 10-12; Football 9; I-Ball 9-11; One Acts 12; Play 12; Swimming 12; Track 9-12; T.V. show 12; WEB 10-12. Ben Noland: Amnesty Inter. 10-11; Play 9-11; Track 9; VICA 12. Megan Ellen O'Neal. Kyle O'Riley: I-Ball 9-12; Soccer 9-12.

Kenneth Okiishi. Julie Ollila: Basketball 9-12; DECA 12; Soccer 11-12; Track 9-12; Volleyball 9-12. Karen Marie Olson: Basketball 9-10; Choir 9; Group Contest 9; SPIRIT 12. Beth Orning: I-Ball 11-12; I V-Ball 9; Sr Girls Club 12; Soccer 9-12; Track 9.

Mark Osam: I-Ball 9-12. John Oshel: Football 9-10. Rennesa Osterberg: Cheersquad 9-12; Band 9-10; Choir 9-12; Homecoming Committee 12; Large Contest Group 9-12; Marching Band 9-10; Madrigal 12; One Acts 9-12; Play 9-12; Solo/Ensemble 9-12; Terpsichore 11; Thespian 11-12; Track 11. Todd Palo.

Jeremy Parks: Ambass. 10. Megan Marie Parrish: Ambass. 11-12; DECA 12; I-Ball 11-12; Sr Girls Club 12; Swimming 9-10. Nishant S. Parulekar: 100th Gr. Butterfly 11-12; I-Ball 10, 12; I V-Ball 12; Madrigal 12; One Acts 12; Play 12; Senate 12; Swimming 9; Terpsichore 12. Brett Pantenburg: Baseball 9-12; DECA 12; I-Ball 9, 12.

Nicole Ann Paulson: Ambass. 9-12; I V-Ball 10, 12; Key Club 10; Track 9-11. Brad Payne: Football 9-12; Hockey 9-12; I-Ball 11-12; Track 9. Lindsay Peters: Play 10-12; Speech Club 12; Terpsichore 11-12; Thespians 12. Debra Peterson: 100th Gr. Butterfly 9-12; Amnesty Inter. 10-12; Band 9-12; Marching Band 9-12; Orchestra 11-12; SPAD 10-12; Solo/Ensemble Contest 9, 11-12.







Jenny Lee Peterson: 100th Gr. Butterfly 9-11; Key Club 9; Play 9; Terpsichore 9-12. Jennifer Leigh Peyser: Ambass. 10-12; Band 9-12; Homecoming Court 12; I V-Ball 9; Key Club 9-10; Marching Band 9-12; Play 9; Rules Comm. 10-12; SPAD 9-12; Soccer 9-12; Speech Club 11-12; Student Council 10-12, Co-President 12; Student Review Board 12; Policy Comm. 10-12; Mentor 11-12.

Rachel Pleasants: Band 9-12; Marching Band 9-12; Mock Trial 9; OM 9-11; Play 9-12; SPAD 11-12; Solo/Ensemble Contest 12; Thespians 11-12; Symphonic Band 11-12; Political Forum 12. Melissa Poague: 100th Gr. Butterfly 9-12; Amnesty Inter. 9-12; Choir 9-12; Group Contest 9-12; One Acts 9; Play 9; SPAD 10-11, Co-Editor 12; Terpsichore 12.

Jessica Lyn Pohlman: Orchestra 9-12; Solo/Ensemble Contest 10, 12; SPIRIT 11-12; Terpsichore 11-12. Kristi Powell: Ambass. 9-12; X Country 9-12; DECA 12; Golf 9-12; I-Ball 12; Sports Manager 11; Peer Helping 10; Softball 9-12; Senate 9, 12; Volunteers 11-12.

Joshua Prins: Band 9-12; Choir 9-12; I V-Ball 10; Jazz Band 9-12; Group Contest 9-12; Madrigal 9-12; Marching Band 9-12; Model U.N. 10-12; OM 9-12; Pep Band 9-12; Play 9; Solo/Ensemble Contest 9-12; Math League 9-12; Science Olympiad 9-11. Nick Propes: Band 9-12; Choir 12; I-Bowl 11-12; Jazz Band 9-12; Marching Band 9-12; Orchestra 11-12; Pep Band 9-12; SPAD 12; Solo/Ensemble Contest 11; Wrestling 9; Mentor 11-12.

Carrie Pyle: DECA 12. Ryan S. Rathert: I-Ball 9-12; I V-Ball 9; I-Bowl 11-12; Track 9-11.

Michael Ray. Jason Rearick: I-Ball 10-12; Soccer 11-12; SPIRIT 10-12; WEB 10-12.

Seniors John Russell and Leah Rudolphi spend time outside. The courtyard was a popular place for juniors and seniors to spend their free periods. (Photo by Lori Bates)



Self Titled Biographies

"The Guy Who Figured Out What Not To
Do With His Life because I found out that
life is good if you 'drink it up."

-John O'Connell
Sophomore

"The Martial Arts Master, because I know every martial art known to man. I trained with Bruce Lee."

-Devashis Roy
Junior

"I would call my book Misunderstood
because I have trouble conveying my values
to others. Or it could be that I'm just
plain goofy."

-Rachel Abbott
Senior

Zack Rhodes. Cassie Rice: X Country 10-12; I-Ball 9-12; Group Contest 10; Orchestra 9-12; Soccer 9; Solo/Ensemble Contest 9-10, 12; Track 9-12; Mentor 11-12. Nicole Richardson. Erica L. Riedesel: Cheersquad 9; Choir 9-12; Group Contest 9-12; Madrigal 11-12; Play 12; Terpsichore 11-12; Twirler/Flag Corps 12.

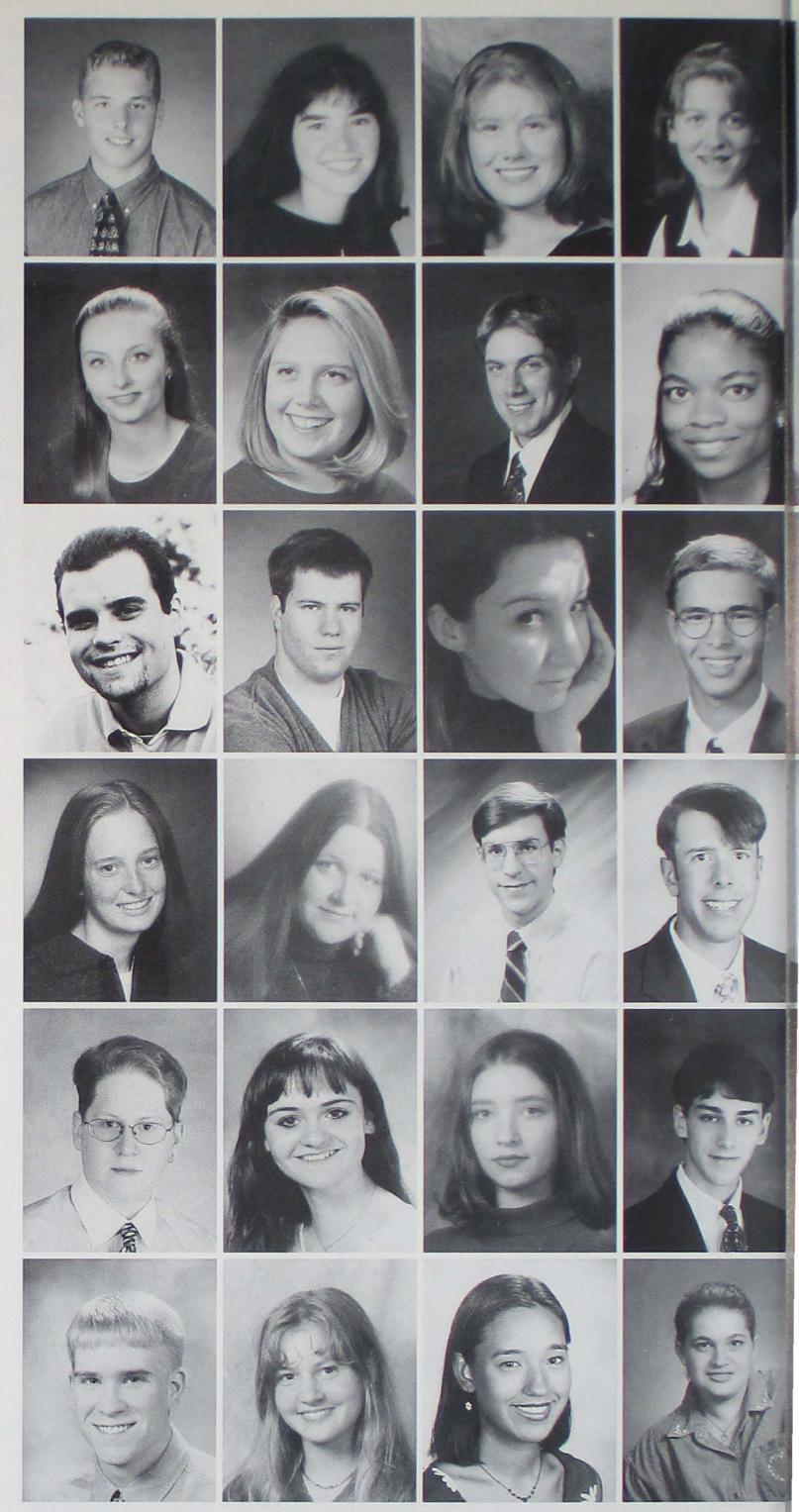
Ally Rippke: Cheersquad 9-10; Volunteers 11. Heather Risse: Ambass. 9-12; Cheersquad 9-12; Homecoming Comm. 11; Sports Manager 9-12; Soccer 10-12; Trainer 11-12. Eric Roark: Chess Club 9-10; Debate 9-12; I-Ball 9-10; Orchestra 9-12. Adina Rollins: Basketball 9-10; Human Relations Committee 10-12; I-Ball 11; Model U.N. 12; Orchestra 9-12; Play 10; Softball 9; Solo/Ensemble Contest 9-10, 12; Track 9-12; Policy Committee 11.

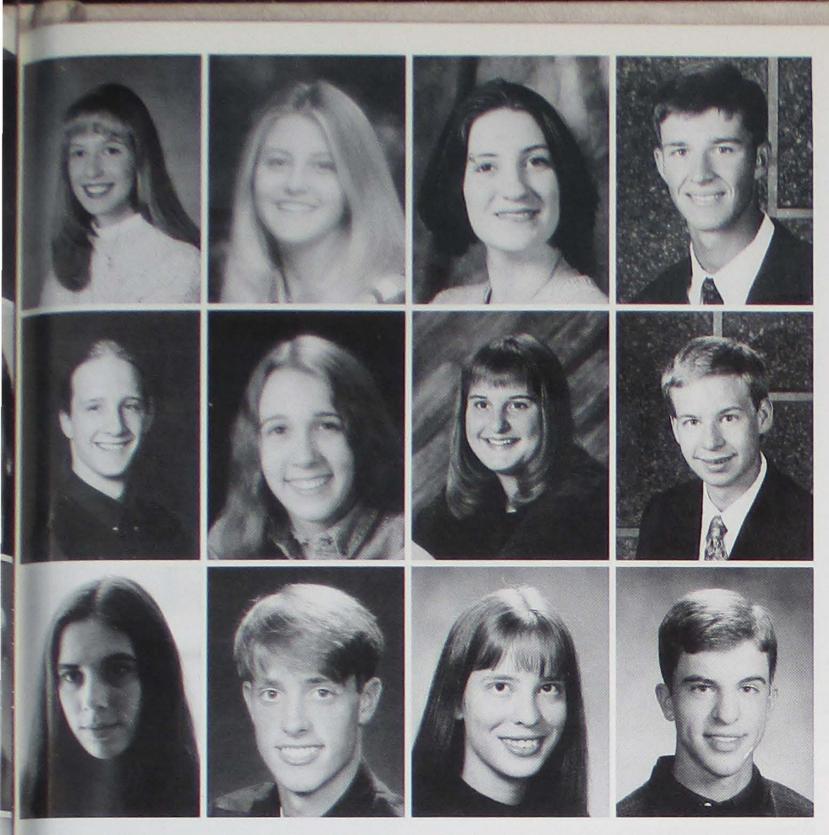
Julian Rosielle. Ryan R. Ross. Leah Sarah Rudolphi: Band 9-10, 12; Orchestra 12; Play 9, 12; Solo/Ensemble Contest 9-10, 12; Swimming 11. John Russell: X Country 11-12; One Acts 11-12; Play 12; Student Council 12; Swimming 10-12; WEB 12; Political Forum 12.

Jennifer Sargent: X Country 11-12; I-Ball 11-12; Track 9-12; Mentor 11-12. Rosalind Scanes: 100th Gr. Butterfly 11-12; Human Relations Committee 11-12; Mock Trial 12; Model U.N. 12; Political Forum 12. Nick Schmerr: Science Olympiad 9-12. Marc Scholten: All-State 12; I-Ball 9-12; Group Contest 9-12; Madrigal 10-12; Solo/Ensemble Contest 9, 11.

Jason Schondelmeyer. Jenn Schoot. Kristen Schrader. Jon Schroeder: DECA 12; Golf 9-12; I-Ball 12; Tennis 9-12.

Aaron M. Schropp: Baseball 9-10; Band 9-10; Football 11-12; I-Ball 11-12; Trainer 9-12; WEB 12. Stephanie Schubet: Choir 9-12; X Country 10, 12; I V-Ball 10-11; Group Contest 9-12; Madrigal 10-11; Thespian Officer 12; One Acts 10-12; Softball 9; Speech Club 12; Thespians 11-12; Volunteers 10, 12. Elizabeth Schultz: I-Ball 12; Sr Girls Club 12; Soccer 9-10, 12; Softball 9-10; Student Council 9-10. Bridgette Scott.





Mindy Seals: 100th Gr. Butterfly; Choir 9-10; Madrigal 10; Treble Choir 10. Nicole Shaull: Cheersquad 9-10, 12; I-Ball 12; Sr Girls Club 12; Softball 9; Senate 10; Swimming 9-12; Track 9-12; Volunteers 11-12. Sara Shimek: One Acts 11-12; Play 11-12; SPAD 11; Thespians 11-12. Matthew D. Shimkus: Ambass. 11-12; Baseball 9-12; Basketball 9-12; Band 9-10; Football 9-12; Marching Band 9-10; Rules Comm. 9; Student Advisory Comm. 9; Student Council 9; T.V. show 11; Volunteers 12.

Travis Shore: DECA 12; Football 10; Play 11-12; Thespians 12; Wrestling 9. Carrie Shuck. Carrie Shupp: Ambass. 10-12; Basketball 9-12; Choir 9-12; I V-Ball 9-10; Key Club 9-12; Soccer 11-12; Student Council 11. Paul Sibbel: Band 9-12; Jazz Band 9-12; Madrigal 10-12; Marching Band 9-12; Orchestra 10-12; Pep Band 9-12; Solo/Ensemble Contest 9-12; VICA 12.

Sara Siebert: Amnesty Inter. 10-12; One Acts 9-12; Play 9-12; Thespians 10-12; Volunteers 11. Joe Simons: Baseball 9-12; Basketball 9-11; DECA 12; Football 9-12; I-Ball 11-12. Eileen Sippel: I V-Ball 9-12; Peer Helping. Joseph Paul Skluzacek: Golf 9-12; I-Ball 9-12; I V-Ball 9; Tennis 10-12.

Favorite Song

"Bridge Over Troubled Waters'
because whenever I have
troubles I put on that song and
all of my troubles go away."

-Andrea Belle
Freshman

"'Jungle Boogie' because its one hundred percent disco, oh yea baby."

-Spencer Mickelson Sophomore

"Untouchable Face' by Ani
deFranco because she's an intelligent
angsty chick who plays guitar with
re-enforced press-on nails."
-Sarah Lawson
Junior

"You Look Wonderful Tonight'
by Eric Clapton because you
hope someone will think that
about you someday."
-Samantha Mills
Senior



Senior Andrew Hoiberg struts his stuff as part of the Mr. Heartthrob contest which was held during the Variety Show. (Photo by Jason Rearick)

Senior Liz Schultz works on a mural that now hangs in Ames High. (Photo by Jessica Pohlman)



Joel Skrdla. Dan Slutzki: I-Ball 9-11; I V-Ball 11; Orchestra 9-12; Tennis 10-12.

Arnie Soden. Alyssa Speck: Ambass. 9-12; Cadet Teaching 12; Cheersquad 9-12; Band 9-10; Choir 9-12; Homecoming Comm. 12; I-Ball 10, 12; Group Contest 9-12; Marching Band 9-10; Senate 9-10; Tennis 9; Volunteers 12.

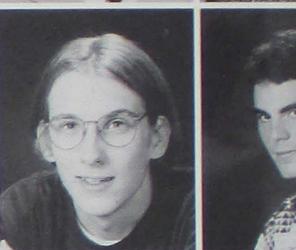
Joe Stansbery: 100th Gr. Butterfly 11-12; Amnesty Inter. 11; Band 9-12; I V-Ball 12; Madrigal 12; Marching Band 9-12; Mock Trial 9-11; One Acts 10-12; Pep Band 9-12; Play 10-12; SPAD 10, Co-Editor 12; Terpsichore 12; Thespians 12. Brian Starrett.

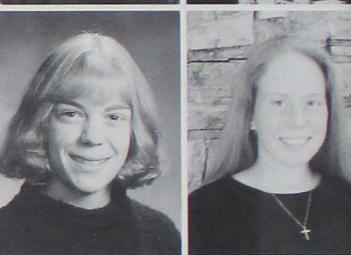
Megan R. Stephenson: Cheersquad 9-10; Band 9-12; Marching Band 9-12; Orchestra 12; Pep Band 11-12; Solo/Ensemble Contest 11-12; Swimming 10-12; Track 12. Jenni Stevenson: X Country 10-12; DECA 12, Officer; I V-Ball 9-12; Softball 9-12; Track 10.

Scott Stevermer: Basketball 9-12; Football 9-12; Track 9-12; Volunteers 11-12. Anne Stoltze.

Amy Swank: DECA 12; Golf 9-12; Homecoming Comm. 11-12; Sr Girls Club 12; Swimming 11. Brad Syndes.











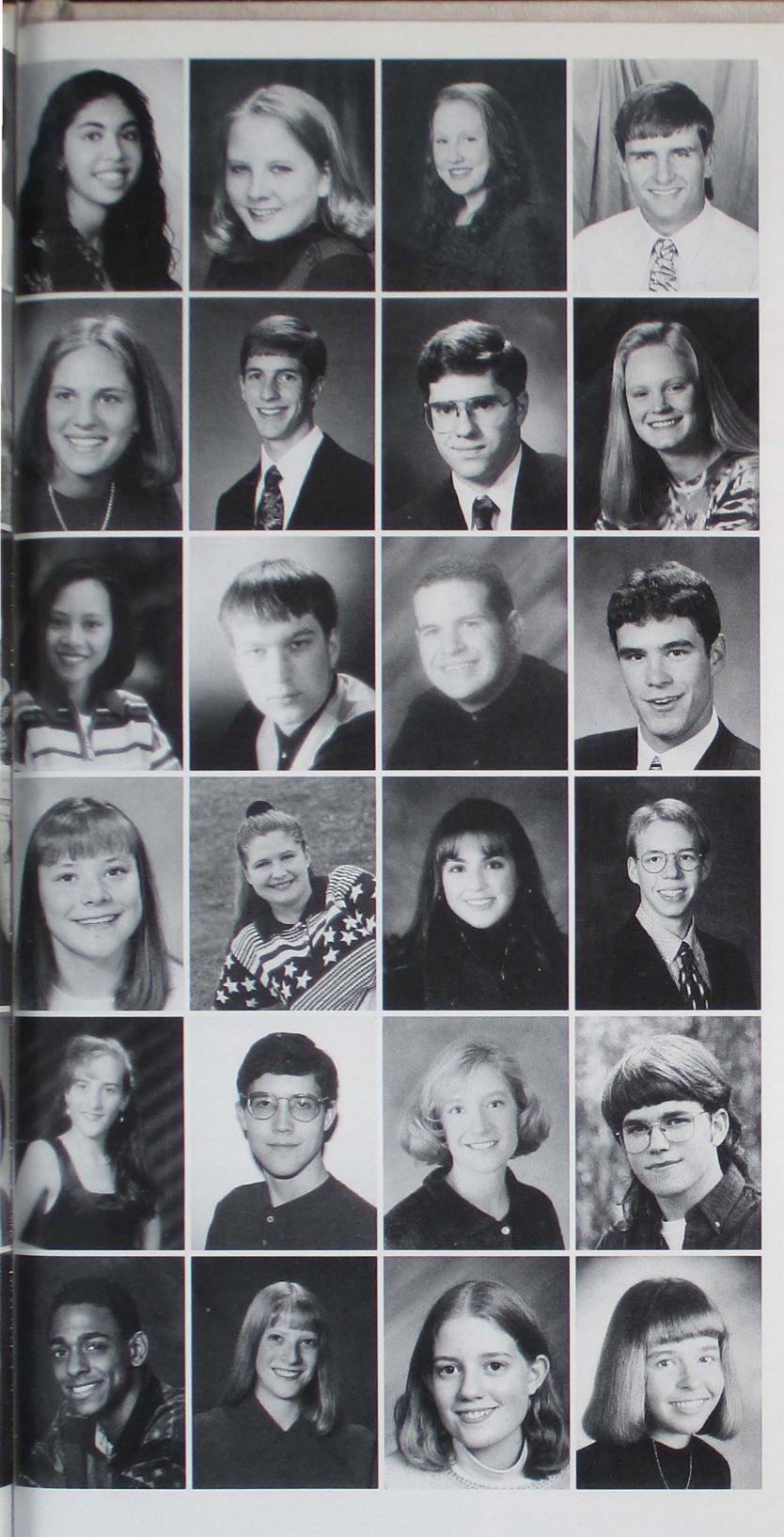
Risk Takers

"I crawled under a train because I was late for church." -Bob Linahon Sophomore

"It had to be the 200 foot dive I took off
Sky Rock Counter into the Colorado
River. It was kind of scary, but I lived."

-Joseph Mowers
Junior

"The biggest risk I ever took was going to Spain to live with a family. My family made me wander the streets of Madrid at 4:00 a.m. alone." -Andrew Yee Senior



Parisa Taravati: 100th Gr. Butterfly 11-12; Human Relations Comm. 11-12; Key Club 10; SPAD 11. Carrie Tett: Choir 9-12; Group Contest 9-12; Sports Manager 12; Musicals 9, 12; Solo/Ensemble 9-12; Senate 11-12; Tennis 9-11; Treble 10-12; WEB 12. Nicole Thiede: Ambass. 9-12; Basketball 9; I-Ball 10-12; I V-Ball 11-12; Key Club 9-12; Peer Helping 9-11; SADD 9-10; Sr Girls Club 12; Tennis 9-12; Volleyball 9-10; Volunteers 9-12. Christopher Allen Thompson: Baseball 9; Football 9; VICA 12; Wrestling 9-10.

Nicole Thompson: Basketball 9-12; X Country 10-12; Homecoming Comm. 12; Sr Girls Club 12; Softball 9-12; Senate 11-12; Track 10-11; Volleyball 9; Volunteers 11-12. Jonathan P. Titus: X Country 9-12; SADD 11-12; Student Council 12; Tennis Team 9-12; Basketball 9; I-Ball 10-12; Madrigal 12; Solo/Ensemble Contest 12; Volunteers 12. Chris Tomlinson: Choir 9-12; Group Contest 9-12; Madrigal 12; Soccer 10; Solo/Ensemble Contest 9-12; Science Olympiad 9-10. Julie Tosten: Key Club 12; Madrigal 12; One Acts 11-12; Play 11-12; SPIRIT 11-12; Terpsichore 12; Track 9-12.

Nga Tran. Franklin Trumpy: Football 9; I-Ball 9-10; One Acts 10-12; Play 10-12; Student Advisory Comm. 10-11; Student Council 9-10; Thespians 10-12. Michael Turner. Christopher Tuttle: All-State 9-12; Choir 9-12; Football 9-11; I-Ball 9-10; Group Contest 9-12; Madrigal 9-12, King 11-12; One Acts 9, 11-12; Play 9-12; Solo/Ensemble Contest 9-12; Speech Club 11; Student Council 9-10; Thespians 10-12; Track 9-10; Volunteers 9-12.

AngelaUmbaugh. Lori VanHoff: Ambass. 9-11; Concert Choir 9; Play 9-11; Volunteers 9-12. Amy VanSlyke: Basketball 9-10; Choir 9-12; Homecoming Comm. 11-12; Homecoming Court 12; I-Ball 11-12; Group Contest 9-12; Sr Girls Club 12; Softball 9-12; Senate 9, 11-12; Track 9-11; Volleyball 9-12; Volunteers 12; Mentors 11-12. Andrew Vardeman: Swimming 9-12.

Carrie Wagner. Taz Wagner: Science Olympiad 9-10. Jill Nicole Watson: Cheersquad 9-12; Band 9-12; Choir 9-11; Homecoming Comm. 10-12; I-Ball 10, 12; Group Contest 9-11; Marching Band 9-10; Orchestra 11-12; Solo/Ensemble Contest 9-12; Senate 10, 12; Tennis 9-11. Josh Watts.

Matthew Wee: I-Ball 12; I V-Ball 12; Play 9-12; Track 12. Erica Wehner: Choir 10; X Country 9-12; Key Club 12; One Acts 11; Play 12; Terpsichore 11-12; Track 9-12. Bethany Weitzel: 100th Gr. Butterfly 9-12; Amnesty Inter. 10-12; Choir 9-12; Group Contest 9-12; One Acts 9; Play 9-10. Stephanie Wiegand: DECA 12; Softball 9-12; Volleyball 9.

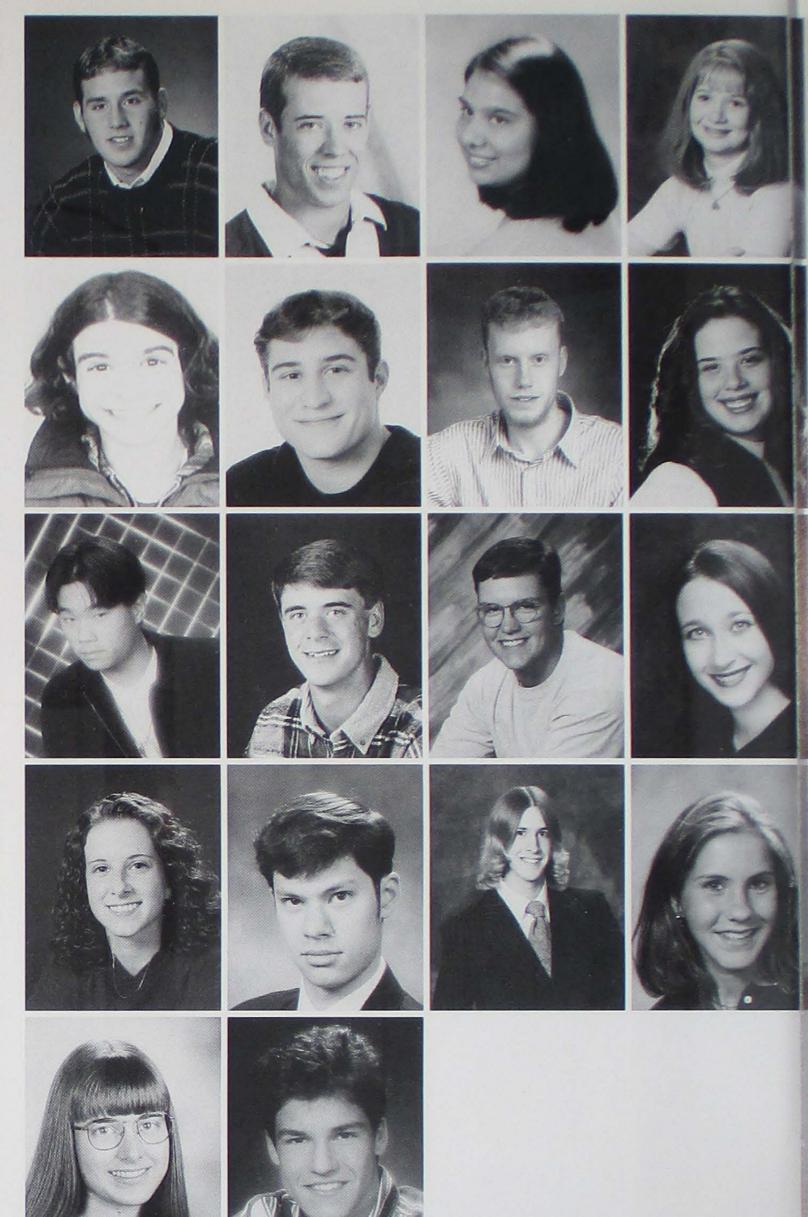
Dusty Wetzel: Baseball 9; Football 9-12; Basketball 9-11; I-Ball 12; Soccer 10,12; Senate 12. **Matthew Taylor White:** Basketball 9-10; I-Ball 11-12; Soccer 9-12. **Cynthia Whiteford:** Sr Girls Club 12; Swimming 11-12; Treble 11. **Jessi Wilhite:** DECA 12; Sr Girls Club 12.

Greg Willard: 100th Gr. Butterfly 11; Choir 11; X Country 9-10; I-Ball 11; I V-Ball; Madrigal 11; One Acts 11-12; Play 9-12; Thespian 10-12. A.J. Wilson: DECA 12; Football 9-12; I-Ball 9-12; Track 11-12; Volunteers 12. Jack Wilson: Soccer 11; Track 10. Stacie Wilson: Band 9; Marching Band 9; Track 10.

Elton Wong: Ambass. 9-11; Debate 9-12; I V-Ball 12; I-Ball 12; Marching Band 9; SPAD 10. Austin Don Masterson Woodin: Ambass. 9-12; Golf 10-12; I-Ball 9-12; I V-Ball 11; Senate 9-12; Terpsichore 10-11; Track 9; Volunteers 11-12. Jace Woodley: DECA 12; Football 9-12; I-Ball 9-12; I V-Ball 9; I-Bowl 11-12. April C. Wright: One Acts 9, 11-12; Play 9-12; Sr Girls Club 12; Senate 12, Secretary 12; Thespians 11-12, VP 12; Volunteers 12.

Stephanie Wycoff: Basketball 9-12; SADD 11; Sr Girls Club 12; Track 9, 11; Volleyball 9. Andrew Yee: All-State 11; Debate 9-10; Key Club 9-12; Orchestra 9-12; Speech Club 10-11; Student Council 9, 11-12; Senate 10-11; Tennis 9-12; WEB 10-12. Josh Yingst. Kara Zeimet: All-State 11; Ambass. 11-12; Basketball 9-10; Choir 9-12; X Country 9-12; Homecoming Comm. 12; Homecoming Court 12; I-Ball 11; Group Contest 9-12; Madrigal 10-12; Sr Girls Club 12; Soccer 11; Solo/Ensemble Contest 9-12; Senate 10-11; Track 9-12; Volunteers 9-12.

Susan Ziegler: Band 9-12; Marching Band 9-12. Daniel J. Zimmerman: I-Ball 12; Soccer 11-12.



Not Pictured

Shawn Adams. Jeremy Almestica. Nels Chapman. Marcus P. Charter: Baseball 9-10; Basketball 9; Football 9-12; I-Ball 11-12; Track 9-12. Ramon Cuebas Colon. Matthew Corones: I-Ball 9-12. Byron Deal. Claire Dieter. Jalila Faisal. Daniel Fisher. David William Geiger: I-Bowl 11-12; Swimming 9-12. Usman-Ul-Haq Keith Herndon. Troy Hofmockel: VICA 12. Patrick Holder. Justin Holdgrafer: Wrestling 9-12. Trevor Hopper. Amar Ijaz. Adam Jonas. Keith Kelley: DECA 12; I-Ball 12. Dimitrije Kostic: Amnesty Inter. 12 Peer Helping 11-12. Edwardo Kumbier. Chris Marty: DECA 12; Football 9-12; I-Ball 9-12; I V-Ball 9; I-Bowl 12. Catherine Milavec. Aaron Millard. Denise Mix: Choir 11-12; I V-Ball 12; Group Contest 11-12; Madrigal 12; Play 11-12; Student Council 12; Volunteers 11-12. Irina Mosesova. Christoph Nedopil: Chamber Orch. 12; Football 12; I-Ball 12; I V-Ball 12; Orchestra 12; Soccer 12. Huu Nguyen: Basketball 9. Mark Nutter. Baseball 9-11; Senate 11; Wrestling 9-12. Tiana Ying-Hsuan Pan. Nola Pitts. Joshua Pyle. Colin Richardson: 100th Gr. Butterfly 10; Play 9. Bobby Ross. Josh Sacco: Volunteers 11-12; Twister Club 11-12. Daniel Searcy: Hockey 12. Sarah Seastrand: Cadet Teaching 12; Band 11; Debate 11; Marching Band 11; Solo/Ensemble Contest 11. Heidi Sobotka. Bryan Thornton. Jocelyn Wilson. Cory Wipf. Courtney Wirtz. Antonio Ybarra-Rojas.

Lasting Moments

by Kristi McConnell

Senior year meant the last chance to take Sadvantage of high school activities, like sports, dances and trips. Looking back, it was these moments that left the greatest impact.

"My favorite moment was five minutes before the State football championship," senior **Drew Hamilton** said. "The adrenaline and the anticipation was quite a high. Nothing could top the feeling of invincibility."

The event didn't need to be as important as a chance at the State title. The simple moments could be some of the best.

"My favorite moment was eating cookies and drinking hot chocolate at Mrs. Horner's house after the coldest cross country meet ever," senior Cassie Rice said.

The people involved, not just the event, made

memories. A fun time with friends made memories stick out.

"My favorite moment this year was Winter Formal," senior **Shannon Goldman** said. "My date is now my boyfriend and the group we went with was a blast."

The same was true for school trips, ranging from foreign language trips to choir trips at the Dorian Festival in Decorah, Iowa.

"My favorite moment was rooming with D.J. Joens, Jon Coy, Alan Hertz and Jon Titus at the Heartland Inn in Decorah," senior **Marc Scholten** said. "We marveled at Joens' intestinal talents all night. It was fun."

Whether it was the feelings, the people or the event itself that was remembered, seniors enjoyed adding to their high school memories.

Senior Memories

"I enjoyed watching my friends compete in chamionship events such as the football state championship game and the state cheerleading championships."

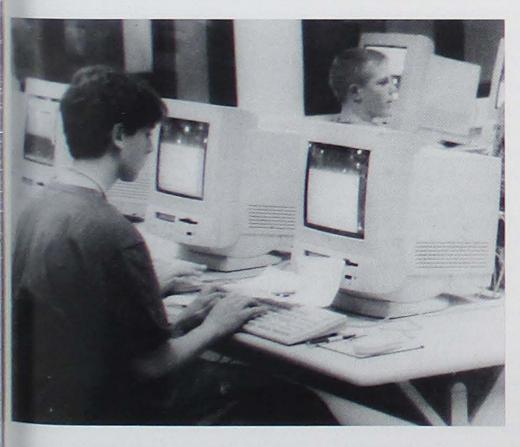
-Greg Albright
Senior

"My favorite senior memory is walking out on stage for the MLK program as a tree and saying 'Girlfriend, you won't believe how many squirrels I have up in my branches."

-Adina Rollins

-Adina Rollins Senior "I've had gobs of fun with the tennis team this year. We've had great leadership in the seniors, and I've never been associated with so many underclassman boogers."

-David Jeong Senior



Senior Jon Schroeder works in the computer lab on a paper. Students often used the computer labs during their free periods. (Photo by Jason Rearick)



Art teacher Dorothy Gugel gives senior Bruce Cirksena some suggestions about his painting. (Photo by Jason Rearick)

AngelaAdams: President's Award for Educational Excellence, St. Olaf College, Lutheran Leadership Award; Gregory Albright: Ames Junior Achievement Scholarship, President's Award for Educational Excellence; Jennifer Aldridge: CIML Art Show Honorable Mention in Jewelry, CIML Art Show Honorable Mention; Senior Art Show 3rd place, David Burton Stone Memorial Art Award; Anne Barnhart: President's Award for Educational Excellence, University of Northern Iowa Resident Scholar Award; Corey Beck: Iowa State University Merit Scholarship, National Merit Finalist; Klint Belz: Northwestern College Academic Achievement Scholarship; Christina Bitz: Iowa State Bar Association, Good Citizenship Award; Elizabeth Bovenmyer: President's Award for Educational Excellence; Aubrey Bryant: Ames Noon Kiwanis Scholarship, President's Award for Educational Excellence; Annie Butin: President's Award for Educational Excellence; Lindsay Carey: Ames City Employees Credit Union, Dave McCoy Memorial Scholarship, Ames Education Association Scholarship; Angela Carter: Scott A. Berryhill Memorial Scholarship, Truman State University President's Combined Ability Scholarship; Natalie Carver: Iowa State University Academic Recognition Scholarship, Iowa State University President's Leadership Class, National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar, University of Kansas Freshman Achievement Scholarship, University of Kansas Pre-Business Scholarship; Rachel Chacko: Aid Association for Lutherans Scholarship, Des Moines Register All-Academic Team, Grinnell College Trustee Honors Scholarship, Macalester College Dewitt Wallace Dintinguished Scholarship, President's Award for Educational Excellence, St. Olaf College Music Merit Scholarship, St. Olaf College Presidential Scholarship, State of Iowa Scholar, University of Iowa Dean's Scholarship, University of Iowa Music Scholarship; Michael Chang: Grinnell College Trustee Honor Scholarship, President's Award for Educational Excellence, State of Iowa Scholar, Washington University Scholarship; Mark Charter: Northwestern College Scholarships (football, track and academic); Kate Christensen: National Merit Commended Student, President's Award for Educational Excellence; Bruce Cirksena: First National Bank Art Award; Amy Corley: National Merit Finalist, President's Award for Educational Excellence, State of Iowa Scholar, University of

Oklahoma National Scholarship; Matthew Corones:CIML Art Show Blue Merit Award in Mixed Media, Cooper Union School of Art Scholarship, David Burton Stone Memorial Art Award, Des Moines Women's Club Art Scholarship, Grand View College Art Dept. Scholarship, International Fine Arts College Scholarship, Miami, National Art Scholastics "Gold Award", National Art Scholastics Scholarship Nomination, National Arts Recognition and Talent Search Scholarship; Jonathan Coy: President's Award for Educational Excellence; Kathryn Craig: American Business Women's Association, Silver Satellite Chapter, Ames Rotary Foundation Scholarship, Ames Woman's Club Scholarship, Iowa Federation of Women's Club Scholarship, Iowa State University Leadership Class Scholarship, Iowa State University Norman and Many Whiting Scholarship, Iowa State University Veishea Leadership Scholar ship, President's Award for Educa tional Excellence, State of Iowa Scholar, Tandy Technology Scholar, Academic Top Two Percent, Tandy Technology Scholar, Academic Top Two Percent, Wal-Mart Scholarship; Kirsten Crase: Grinnell College Trustee Honor Scholarship, Luther College Music Lesson Scholarship, Luther College Olson Presidential Scholarship, Luther College Regents Scholarship, National Merit Commended Student, Omega Psi Phi Fraternity, Inc., Lonnie Williams Scholarship, President's Award for Educational Excellence; Smith College Dunn Scholar Grant, St. Olaf College Buntrock Scholarship, St. Olaf College Scholarship, State of Iowa Scholar, Tandy Technology Scholar, Academic Top Two Percent, Tylenol Leadership Scholarship; Jonathan Crawford: President's Award for Educational Excellence, State of Iowa Scholar; Emily Dahlgren: Iowa State University College of Engineering Scholarship, Iowa State University Merit Scholarship, National Merit Finalist, President's Award for Educational Excellence, State of Iowa Scholar; Robin Dekker: CIML Art Show Blue Merit Award in Photography, CIML Art Show Honorable Mention in Photography; Julie Dickson: President's Award for Educational Excellence; Claire Dieter: Jeffrey Brown Memorial Photography Award; Dana Doran: President's Award for Educational Excellence; Mildred Dowling: Augustana College Ralph & Gertrude Morgan Music Scholarship, Augustana Honor Scholarship, Lawrence University Conservatory Performance Award, President's Award for Educational Excellence;

Steffi Drewes: President's Award for Educational Excellence, State of Iowa Scholar; Kelly Dunlay: President's Award for Educational Excellence; Robin Elwick: President's Award for Educational Excellence; Jason Foster: Ames High School Alumni Scholarship, President's Award for Educational Excellence; Michelle Gano: President's Award for Educational Excellence; Steven Gartz: National Merit Commended Student, President's Award for Educational Excellence, Scratch Pad Award, State of Iowa Scholar; Dan Gilloon: St. Olaf College Scholarship, Truman State University Scholarship; Rebecca Glatz: National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar; Shannon Goldman: American Business Women's Association, Silver Satellite Chapter, Mary Greeley Medical Center Auxiliary Health Career Scholarship: April Goodwin Presidents Award for Educational Excellence, State of Iowa Scholar, Tandy Technology Scholar, Academic Top Two Percent; Ryan Greenlaw: Macalester College Merit Award, National Merit Finalist, New York Times James B. Reston Portfolio Award, President's Award for Educational Excellence, Scholastic Writing Award, State of Iowa Scholar, University of Iowa Merit Scholarship, University of Iowa Tuition Scholarshp; Alethea Haas: President's Award for Educational Excellence; Ezra Hallam: National Merit Finalist, University of Kansas W. Harold Otto Merit Scholarship; Hosanna Hanson: President's Award for Educational Excellence; Anthony Hartman: Ames Woman's Club Scholarship, Beta Tau Delta Scholarship, President's Award for Educational Excellence; Emily Hawkins: President's Award for Educational Excellence; Ryan Haynes: First Data Infosource/ Donnelley Marketing Scholarship, President's Award for Educational Excellence; Eileen Heideman: College of St. Benedict's Achievement Recognition Scholarship, College of St. Benedict's Dean Scholarship, President's Award for Educational Excellence, University of Iowa Tuition Scholarship; Benjamin Heller: President's Award for Educational Excellence; Heidi Hickman: Simpson College Art Scholarship, St. Ambrose Art Scholarship; Max Highland: Frank Miller Art Scholarship; Amber Hill: Iowa State University Merit Scholarship, National Merit Finalist, President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa Presidential Scholarship; John Hinrichsen: Mathematics Award, President's Award for Educa-

tional Excellence; Eleanor Jens President's Award for Educational cellence; David Jeong: Presider Award for Educational Excellen State of Iowa Scholar; Daniel Johns CIML Art Show Honorable Ment in Computer Generated Art, Io. State Bar Association, Good Citizship Award, Jeffrey Brown Memor Video Award, President's Award Educational Excellence; An Johnson: Lutheran Heritage Scholship, McDonald's Scholarsh President's Award for Educational 1 cellence, State of Iowa Scholar, Tany Technology Scholar, Academic To Two Percent, Valparaiso University Board of Directors Scholarship; Ad., Jonas: Beta Tau Delta Scholarsh President's Award for Educational 1cellence; Nathaniel Jones: Presiders Award for Educational Excellen University of Iowa Richard and Tru Revision Scift Fund Scholarship, U. versity of Iowa, Opportunity at Io Scholar hip Ryan Kelly Pres der Award for Educational Excellen David Kinley: Iowa State Bar Assoction, Good Citizenship Award; M issa Kinyon: President's Award Educational Excellence, University Northern Iowa Freshman Achievment Award, Wendy Zimmerma AEA Teacher Scholarship; Ell Kitchell: Macalester College DeWt Wallace Distinguished Scholarsh, Michigan Annual Giving Scholarsh, National Merit Finalist, Presidera Award for Educational Excellen Smith College STRIDE Scholarsh, Stanford University President Scholarship, State of Iowa Schol, University of Iowa Presidential Scharship; Uri Kogan: District Winner Optimist International Essay Conte National Merit Finalist, Northwester University Merit Scholarshi Norwest Bank Diversity Essay Sch arship, President's Award for Educ tional Excellence; Dimitrije Kost Knox College 1997 Trustees' Schol ship, Lawrence University Scholi ship; Priya Kothari: Grinnell Colle Scholarship, Iowa State University E gineering Scholarship, Presiden Award for Educational Excellent Elisabeth Kracher: Coe College Sch arship, National Merit Finali President's Award for Educational E cellence, St. Olaf College Merit Sch arship, St. Olaf College President Scholarship, State of Iowa Schol Tandy Technology Scholar, Acaden Top Two Percent; Eric Lamb President's Award for Educational E cellence; Melissa Leek: First Nation Bank Art Award, Iowa State Unive sity Merit Scholarship, National Me Finalist, President's Award for Educ tional Excellence, Scratch Pad Awai

sure of Iowa Scholar; Bess Lewis: National Merit Commended Student, mesident's Award for Educational Excellence. University of Denver Provost's Scholarship; Jason Lippard: Ames High School Alumni Scholarship, Iowa State University Music Department Scholarship; Lindsey Litchfield: Ames City Employees Credit Union, Dave McCoy Memorial Scholarship; Naomi Lohr: President's Award for Educational Excellence; Susannah Lyon: President's Award for Educational Excellence; Jessica Martin: President's Award for Educational Excellence; Andrew Maysent: President's Award for Educational Excellence: Kristi McConnell: Iowa State University College of Business Gibbs Family Scholarship, President's Award for Educational Excellence; Melanie Mickelson: President's Award for Educational Excellence, pe nic act's Semplarship Same tha Mills Mary Greeley Mediter Auxilian Health Career smolarship; Denise Mix: President's Award for Educational Excellence; Emily Mize: Elks National Foundation Most Valuable Student Award, Macalester College DeWitt Wallace Distinguished Scholarship, National Merit Commended Student, President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa Dean's Scholarship; Michael Morain: Cornell College Trustees Music Honor Grant, Des Moines Women's Club Honorable Mention for Writing, Graceland College Academic Scholarship, Graceland Alumni College Endowed Scholarship, Graceland College Gleazer Peace Writing Grant, Graceland College Instrumental Grant, Graceland College Leadership Grant , Graceland College Performance Arts Grant, Graceland College Teresa Carpenter Writing Grant, Graceland College Vocal Grant, Iowa Elks "Most Valuable Person" Scholarship, National Council of Teachers of English Award, National Merit Final-1st, President's Award for Educational Excellence, Wallace B. Smith Honor Grant; Chad Mortensen: President's Award for Educational Excellence; Karina Nelson: Iowa State University College of Engineering Scholarship, President's Award for Educational Excellence, State of Iowa Scholar; Travis Nichols: National Merit Commended Student, Scratch Pad Award; Kenneth Okiishi: All State Art Team, CIML Art Show Blue Merit Award in Mixed Media, Cooper Union School of Art Scholarship, David Burton Stone Memorial Art Award, Grand View College Art Dept. Scholarship, International Fine Arts College Scholarship, Miami,

Maryland Institute College of Art, National Art Scholastics Scholarship Nomination, National Arts Recognition and Talent Search Scholarship, National Merit Commended Student, President's Award for Educational Excellence, Savannah College of Art & Design Portfolio Scholarship, State of Iowa Scholar Julie Ollila: President's Award for Educational Excellence; Karen Olson: Iowa State University WOI Trust Fund, President's Award for Educational Excellence; Elizabeth Orning: President's Award for Educational Excellence; Rennesa Osterberg: Luther College Presidential Academic Scholarship, Luther College Weston Noble Vocal Scholarsh, President's Award for Educational Excellence, St. Olaf Presidential Academic Award; NishantParulekar: Grinnell College Trustee Honors Scholarship, President's Award for Educational Exllen , Ni ole Paulson President's ward for Educational Excellence; Jenny Peterson/CIVIL Art Show Blue Merit Award in Jewelry, Jeffrey Brown Memorial Photography Award; Debra Peterson: President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa Dean's Scholarship; Jennifer Peyser: Iowa State University Merit Scholarship, National Council of Teachers of English Award, National Merit Finalist, President's Award for Educational Excellence, Principal's Leadership Award, State of Iowa Scholar, State University of New York, College of Environmental Science & Forestry; Rachel Pleasants: Frank Miller Art Scholarship, National Merit Finalist, President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa Merit Scholarship; Melissa Poague: Macalester College Merit Scholarship, National Merit Finalist, President's Award for Educational Excellence, State of Iowa Scholar, Tandy Technology Scholar, Academic Top Two Percent; Jessica Pohlman: First National Bank Art Award; Joshua **Prins**: Iowa State University Merit Scholarship, Math Contest, 1st place in state; team was 3rd in state, National Merit Finalist, President's Award for Educational Excellence, Rensselaer Award, State of Iowa Scholar, Tandy Technology Scholar, Outstanding Student; Nick Propes: Jeffrey Brown Memorial Photography Award, University of Iowa School of Music; Cassie Rice: President's Award for Educational Excellence; Erica Riedesel: President's Award for Educational Excellence; Erik Roark: Debate Certificate; Adina Rollins: Colorado State Engineering Scholarship, DAR Good Citizenship Award, Michigan State University Distinguished Minority

Freshman, National Achievement Scholar, Ohio State University Minority Prestigious Scholarship, Ohio State University National Achievement Distinguished Scholar, President's Award for Educational Excellence, Purdue University SAE Engineering Scholarship, Purdue Valedictorian Scholarship, State of Iowa Scholar, Tandy Technology Scholar, Academic Top Two Percent, University of Illinois Engineering Scholarship, University of Kansas Chemical Engineering Scholarship, University of Kansas Dean's Scholarship, University of Tennessee African American Academic Achievers Scholarship, University of Tennessee Excellence in Engineering, University of Wisconsin Engineering Scholarship, Washington University Engineering Scholarship, Washington University John B. Ervin Scholarship

Leah Rudolphi: All State Art Team, David Burton Stone Memorial Art Award Frank Miller Art Scholarship, Grand View College Art Dept. Scholarship, President's Award for Educational Excellence; John Russell: Rockhurst College Van Ackeren Leadership Scholarship; Jennifer Sargent: President's Award for Educational Excellence; Rosalind Scanes: Iowa State Bar Association, Good Citizenship Award, National Merit Finalist, President's Award for Educational Excellence; Nicholas Schmerr: Beloit College Presidential Scholarship, President's Award for Educational Excellence, State of Iowa Scholar; Marc Scholten: President's Award for Educational Excellence; Liz Schultz: First National Bank Art Award, Maryland College of Art & Design Grant, Minneapolis College of Art & Design Opportunity Grant; Nicole Shaull: President's Award for Educational Excellence; Sarah Shimek: Jeffrey Brown Memorial Photography Award; Matthew Shimkus: Northwestern College Collegiate Scholarship; Kristen Shrader: President's Award for Educational Excellence; Carrie Shupp: Beta Tau Delta Scholarship; Iowa Western Community College Presidential Scholarship; President's Award for Educational Excellence; Paul Sibbel: President's Award for Educational Excellence; Sara Siebert: Ames Arcadia Lodge Masonic Scholarship, Ames Jaycees 1997 Scholarship Award, Ames Rotary Foundation Scholarship, Iowa Corps Tuition Award, National Merit Commended Student, President's Award for Educational Excellence; **Eileen Sippel**: President's Award for Educational Excellence, State of Iowa Scholar; Alyssa Speck: President's Award for Educational Excellence; Jennifer Stevenson: President's Award

for Educational Excellence; Parisa Taravati: National Merit Finalist, New York University Scholarship, President's Award for Educational Excellence, State of Iowa Scholar, University of Iowa Dean's Scholarship, University of Iowa National Merit Finalist Scholarship, University of Kansas Geographical Scholarship, University of Kansas National Merit Finalist Scholarship; Carrie Tett: President's Award for Educational Excellence; Nicole Thiede: President's Award for Educational Excellence; Nicole Thompson: American Business Women's Association, Silver Satellite Chapter, President's Award for Educational Excellence; Chris Thompson: Shaffer's Auto Body Company Scholarship; Jonathan Titus: Brent Anderson Memorial Scholarship, Mary Greeley Medical Center Auxiliary Health Career Scholarship, President's Award for Educational Excellence; Christopher Tomlinson: First United Methodist Foundation Scholarship; Christopher Tuttle: Ames High School Alumni Scholarship, Northwestern University Grant, President's Award for Educational Excellence, University of Northern Iowa Freshman Achievement Scholarship, University of Northern Iowa Scholarship of the School of Music, Webster University Academic Scholarship; Angie Umbaugh: Iowa State University Gymnastics Scholarship, Ohio State University Gymnastics Scholarship, Oregon State University Gymnastics Scholarship; Andrew Vardeman: National Merit Finalist, President's Award for Educational Excellence, State of Iowa Scholar; **Taz** Wagner: National Merit Commended Student; Jill Watson: Drake University Presidential Scholarship, Iowa State University Academic Scholarship, President's Award for Educational Excellence, State of Iowa Scholar; Joshua Watts: President's Award for Educational Excellence; Erica Wehner: University of Iowa Tuition Scholarship; Bethany Weitzel: President's Award for Educational Excellence, State of Iowa Scholar; Matthew White: Central College General Scholarship; A.J. Wilson: Arkansas State University Academic Distinction; Elton Wong: Debate Certificate, Iowa State University Merit Scholarship, National Merit Finalist, Scratch Pad Award; Austin Woodin: President's Award for Educational Excellence; April Wright: Ames Rotary Foundation Scholarship; Andrew Yee: National Merit Finalist, President's Award for Educational Excellence, State of Iowa Scholar; Kara Zeimet: President's Award for Educational Excellence; Susan Ziegler: President's Award for Educational Excellence

1996-97 A.H.S. STAFF

Charles Achter	Р	rincipal
Dr. M. Suzanne MendelsonAsso	ciate	Principal
Bud LeggAssoc	riate	Principal
David PosegateActiv	ities	Director
Dale TrampDea		

ART

Dorothy Gugel, Shelli Hassebrock, Susie Petra, Sandra Quintero

ENGLISH

Nancy Anton, Jody Barnes, Tonja Brooks, LoAnn Campbell, Samuel Carlson, Neelum Chaudhry, John Forssman, Julie Freed, Wayne Hansen, Marilyn Haynes, Cecilia Horner, Darin Johnson, Ann Junker, Jean Miller, Carl Pelzer, Annette Rowley, Barbara White

FOREIGN LANGUAGE

Judith Carlson, Betty Furr, Sue Lawler, Terri Mickelson, Barbara Peterson, Sally Schonhorst, Mona Smith, Toni Woodman

COUNSELORS

Bud Legg, Molly Hart, Leslie Maze, Elizabeth Middleton, Melody Miller, Jane Olson, Mike Wittmer, Larry Zwagerman

MATHEMATICS

Judy Brunner, Marilyn Hanson, Troy Hill, Phil Johnson, Mark Jurgensen, Thelma Maxwell, Jean Miller, Leigh Nataro, Virginia Swenson, Teresa Testroet, Tony VanderZyl, Elizabeth Verhoeven

MEDIA CENTER

Lilith Dorr, Paul Olsan, Norma Sisson

MUSIC

Chris Ewan, Homer Gartz, Steve Linn, Cynthia Marten, Mary Kay Polashek, Tom Nehls

PHYSICAL EDUCATION

Andy Bruemmer, Mary Kautzky, Jack Mendenhall, Michael Wittmer

SCIENCE

Steve Adams, Harold Dorr, Bob Gibbons, Ken Hartman,

Alan Junck, Michael Lazere, Aileen Mahood, Mike Petersen, Kirk Schmaltz, Nancy Svien, Jack Troeger, Charles Windsor

SOCIAL STUDIES

Carolyn Bolinger, Dennis Cullinan, Kirk Daddow, James Duea, Tom Jorgensen, Marvin Scott, Mike Reagan, Lori Stephenson, Kirsten Sullivan, Bob Uetz Richard White

SPECIAL EDUCATION

Linda Andorf, Bill Barrett, Vance Downs, Reggie Greenlaw, Steve Hosch, Leonard Larsen, Diane Larso Ann Lee, Mary Mekemson, Sharon Morford, Bruce Vertanen, Jerry Vos, Mary Wauson

VOCATIONAL EDUCATION

Darrill Abel, Craig Boylan, Karen Bruton, Donald Faa Roger Jacobson, Richard Lang, Lynda Polston, Jerry Swenson, Rose Wilcox

SECRETARIES

Christi Berger, Kari Ellet, Elaine Faas, Joni Griffith-McNab, Peg Jacobson, Janet Olson, Susan Shields, Bernadette Siebert, Pam Shill, Ann Stokka, Georgia Vondra, Phyllis Wirth, Nikki Whittmer

EDUCATIONAL ASSISTANTS

Dawn Anderson, Terri Bartine, Mary Buck, Judith Burris, Lucy Carey, Ron Chieves, Carol Crawford, Tra Faber, Wayne Fruehling, Larry Hayslett, Jeff Heinen Maryann Holland, Elizabeth Huff, Linda Lieberman Kathryn Moody-Hendricks, Jane Jorgensen, Ylene Longwell, Bridgett McCarley, David Moburg, Rose Richardson, Mark Ritland, Margeret Rosielle, Amy Sengbusch, Chuck Stevens, Linda VanVoorhis, Sally Wilson, Hilary Ziebold

HEALTH

Kim Burnett, Karlene Smith

230 Faculty



Abel, Darrill
Achter, Charles
Anton, Nancy
Barnes, Jody
Barrett, Bill
Bruemner, Andrew
Brunner, Judy

Bruton, Karen
Buck, Mary
Burris, Judith
Campbell, LoAnn
Carey, Lucy
Carlson, Keith
Chieves, Ron

Crawford, Carol Cullinan, Dennis Daddow, Kirk Dorr, Harold Duea, Jim Ellett, Kari Ewan, Chris

Faas, Elaine Faber, Traci Forssman, John Freed, Julie Furr, Betty Greenlaw, Reggie Griffith, Janae

Gugel, Dorothy Hanson, Marilyn Hassebrock, Shelli Haynes, Marilyn Hill, Troy Horner, Cecilia Jacobson, Roger

Johnson, Darin Johnson, Phil Jorgensen, Jane Jorgensen, Tom Junker, Ann Jurgensen, Mark Kautzky, Mary

Larsen, Leonard Larson, Diane Lawler, Sue Lee, Ann Legg, Bud Linn, Steve Longwell, Ylene

Mahood, Aileen Martin, Cynthia Maxwell, Thelma Maze, Leslie McNab, Janet Mekemson, Mary Mendenhall, Jack Mickelson, Terri Middleton, Elizabeth Miller, Jean Miller, Melody Morford, Sharon Nataro, Leigh Nehls, Thomas

Olsan, Paul Pelzer, Carl Penning, Dee Peterson, Barbara Petra, Susie Polashek, Mary Kay Posegate, Dave

> Quintero, Sandra Reagan, Mike Richardson, Rose Schmaltz, Kirk Schonhorst, Sally Scott, Marvin Shields, Susan

Shill, Pam Sisson, Norma Smith, Karleene Smith, Mona Stevens, Chuck Svien, Nancy Swenson, Virginia

Testroet, Teresa Tramp, Dale Troeger, Jack Vander Zyl, Tony Verhoeven, Elizabeth Vertanen, Bruce Vondra, Georgia

> Vos, Jerry Walrod, Shirley Wauson, Mary White, Barb White, Richard Wilcox, Rose Ziebold, Hilary

Zwagerman, Larry



DAY CUSTODIANS: Vince Simon, James Brockway, Doug Elliott, Cathleen Johnson, Rudy Carter, and Dan Wright.

NIGHT CUSTODIANS: Sorn Somsanith, Frank McGreevy, Dale Vogel, and Mike Keller.









FOOD SERVICE STAFF: Standing: Ruth Alber, Cheryl Ott, Marcia Law, Vicki Greenlee, Pat McMillen, Paula Miller, Rudy Carter, Elaine Anderson, Mary Mahoney, and Sharon Mott; Seated: Char Campbell, Carla Mulvaney, Shirley Hulse, and Oleta Dass.

FOOD SERVICE STAFF: Patty Montag, Joyce Bowers, and Carol Loken.

"Because the spanish gods wanted it that "This is good? This is bad? This is neither way!" Mrs. Lawler

"Here, you can write on this--but nothing pornographic!" Mr. Petersen

"Don't you know that she's happily married?" Mr. D. Johnson

> "This is a bit of a sticky wicket." Mr. Hartman

good nor bad?" Mr. Daddow

"Libros abajo, y buena suerte a todos!" Mrs. Peterson

"We've got a big day planned today." Mr. Duea

"Gadzooks!" Mrs. Rowley

Sophomore Ankita Singh leads her Regatta team to the finish. The cardboard boat races served as a fundraiser for Welfare Week. (Photo by Jessica Pohlman)







Juniors James Grant, Chris Gardner, Adrian Lanczos and Elizabeth Hallam attempt to balance in the pool during the AP Western Civilization and Art Trip to Chicago. (Photo by Kristen McGeeney)

Finding Footing Index - 235



May the best be always there
for you as you travel life's
journey. You are a special
person. We love you!
Mom, Dad and Michael



Important things in life are family and friends. We're very proud of you, Jake!
Love you,
Mom, Dad, and Ben

May your future
be filled with
happiness.
Thanks for all the
happy memories.
Love,
Mom, Dad and
Chris





Angie and Jill
Best Friends Then, Best Friends
Now
Best Friends Forever
We can't wait to see what you two
do next!



Little Bud,
Thank you for being
you! Best wishes as
you embark on the next
phase of your life.
Love, Michelle,
Stephanie, Mom and

Dad

Amy Johnson
You have brought
much joy to our
lives. God will be
with you in all you
do. We will miss
you.
Mom, Dad, and Erik





Karen,
Thanks for being a great friend. I
will never forget all the great times
we shared. Good luck in the future.

Love always, Lori

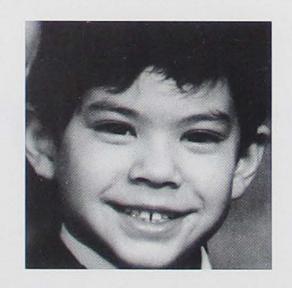
Kirsten Crase



You have enriched our lives with you music, your love, your traditions, you life. We will be behind you as you reach for your dreams.

Love,

Mommy, Daddy and Brandon



ANDREW YEE

To the future--it's in your smile.

Dad, Mom and Freddy

ANGIE ADAMS



THOSE WHO BRING
SUNSHINE INTO THE LIVES
OF OTHERS CANNOT KEEP IT
FROM THEMSELVES. THANK
YOU FOR THE SUNSHINE.
LOVE,
MOM, DAD, DAVID AND
CAROL



Congratulations, Brian!

You are a terrific son and brother and a real CLASS act!

Love,

Mom and Dad

Jonathan and David

From the moment we saw you And your baby blue eyes, Your life has filled our lives With joy and surprise. From climbing our trees Way up to the sky, To skiing on water Behind the boat, how you fly! And even with soccer In pouring down rain, We still think it's all been More pleasures than pain. So this poem to our last graduate To tell how special you are, Our girl with the blonde hair And the flashy blue car!



Avec tout notre amour, Mom and Dad

Nate Heaberlin



Congratulations, Nathan.
Your personality will take you far-Aim High.
Love,
Mom, Dad, Amber and Alex



Congratulations, Greg!
We're very proud of
you. You have a terrific future ahead of
you.
Love,
Mom and Dad
Laura and Katie

APRIL GOODWIN



We always pray for you...

"being confident of this, that He
who began a good work in you
will carry it on to completion
until the day of Christ Jesus."
We love you, "Sunshine,"
Dad and Mom

Congratulations!

WE'VE LOVED

SHARING YOUR

FOUR YEARS AT

AMES HIGH!

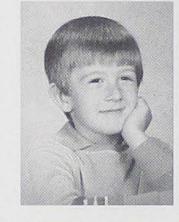
WHAT FUN!

LOVE

MOM, DAD AND

MOLLY





May your deep
thoughts travel with
you to even greater
places of learning.
Love,
Mom and Dad

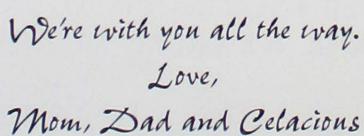


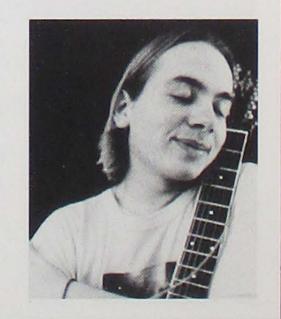
Congratulations Joe. We celebrate your strong will and independence, wish you continuous success, and don't forget Congress!

Mom and Dad



Nick,
Life is like music,
Yours will be a symphony!







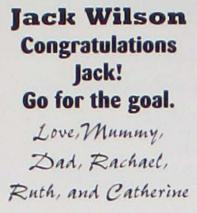
You have brought such joy into our lives.

We are very proud of you.

Love you forever,

Zad, Mom &

Sarah







Nicole Shaull Good Luck and Keep Smiling! Love, Mom and Dad



DUSTY

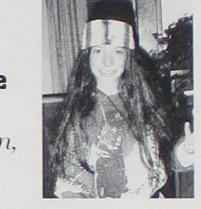
May the years ahead be as successful as your football season.

We are very proud of you.

Love, Dad, Mom & Devin

Travis,
wishing you
peace and love
always.
Joss, Caity, Ken,

and Mom





Brian- May
your future be
happy and filled
with success.
We love you!
Mom, Dad
and Jennifer



Steffi,

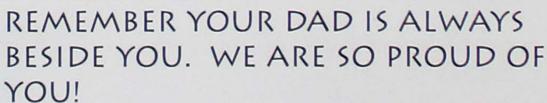
We are proud of all your accomplishments. We will miss your smile! Best wishes for success in all you do.

Love, Mom, Dad & Tom

Congratulations, Chris!



FOLLOW YOUR
DREAMS AND
NEVER LOSE SIGHT
OF YOUR STAR.



LOVE, MOM, JENNY & EMILY



ERIN,
Always Keep Smiling!
We are proud of you!
Love,
Mom, Dad & Marc



ELLEN, ALWAYS REMEMBER YOU ARE NEVER ALONE.

Love,

Dad, Mom & Sarah



Our favorite redhead and quarterback! We are proud of all you've done as a student, athlete, and son. Thanks for the memories.

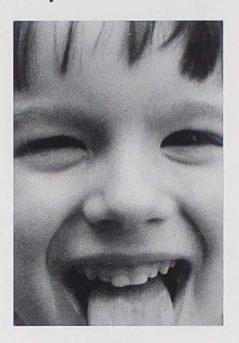




Ange- Its's been super! Good luck as you pursue truth, justice, and the American Way!

> Love, Mom, Dad, Steve, Kerry, Anna, Fred, Carol & Max

Keep Smiling!



Love always, Mom, Dad & Jill



Melanie Mickelson

Little Melly. . . same sweet smile! You are a joy and a dear daughter. Reach for the stars!

> Love always, Mom, Dad, Spencer, Bethany & Daniel

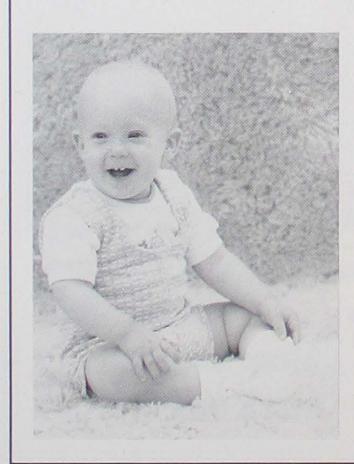
Congratulations!
Good luck in all the wonderful adventures

Ally Rippke

onderful adventure ahead of you! Love, Mom, Dad, Emily,& Joe



RYAN ROBERT KELLY



Congratulations graduate!
May your future be filled with time to dream and dreams that come true.
You are special.

Love, Mom and Dad

Jessica Martin May all your tomorrows be filled with sun! The future is



yours to conquer!

Love,

Mom, Dave, Gramma and

Boppa



A SMILE HAPPENS
IN AN INSTANT BUT
THE MEMORIES LAST
FOREVER, THANK
YOU FOR THE
MEMORIES AND
CONGRATULATIONS.
LOVE,
DAD, MOM AND
MOLLY





Oh no! I missed the bus. Can I drive to school?



We will always be very proud of the kind of person you are. We wish you peace, happiness, and the realization of your dreams.

Love,

Dad, Mom and Quinn



Nicholas Jon Bokhoven

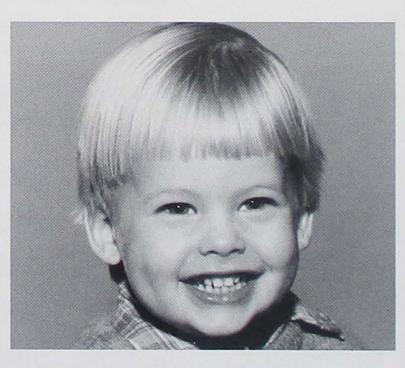


Congratulations Ryan.
We are so proud of you and wish you much happiness and success in the future.
Love, Dad, Mom, Melissa and Bryce

Heidi
We love you and are so
proud of you. Just
believe in yourself and
success and happiness
will come your way.
Love,
Mom, Dad, Autumn

and Blossom

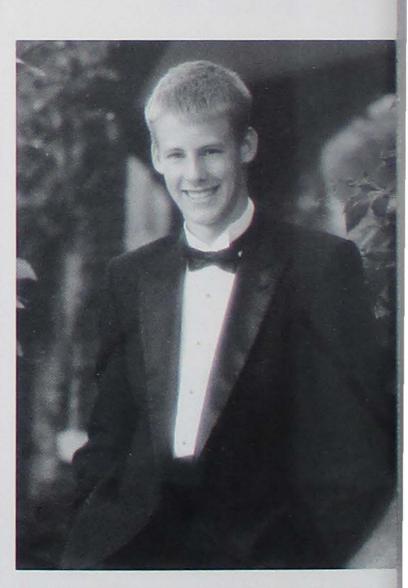




Our love and prayers are with you always.

Mom and Dad

Mark and Eric



Bryan McGeeney



You've filled our days with rhythm and life! **Enjoy your journey!** Mom and Dad. Kristen, Curt and Justin



Keep on dreaming, Rennesa

Love, Mom, Dad, Inger and Krista

"We all dream a lot, some are lucky, some are not. But if you think it, want it, dream it, then it's real. You are what you feel." "Joseph and the Amazing Technicolor Dreamcoat"





Melissa,

You are not a celebrity.

You are not a show.

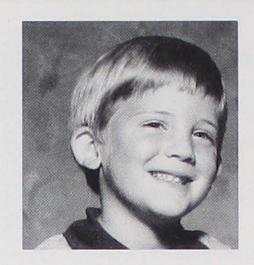
You are not unreachable or untouchable.

You are a promise we made to ourselves

When you were a little girl. And you are coming true!

Love,

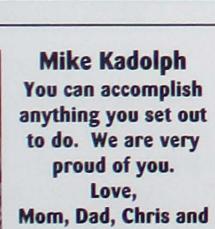
Mom, Dad, Jessie and Monty



Dan, You have always made us proud! Congratulations on what you've accomplished and carry our love with you! Love, Mom, Dad, Steve and Andrea

John Russell Congratulations and love, Mom, Dad, Mary and Madeleine





Amanda



MINDY SEALS

WE ARE SO VERY PROUD OF YOU AND WISH YOU ALL THE HAPPI-NESS AND SUCCESS IN LIFE. FOL-LOW YOUR HEART AND YOUR DREAMS-WE BELIEVE IN YOU. WE LOVE YOU. MOM, JEFF AND

GRANDMA

CONGRATULATIONS!





Leah,
Follow your instincts and I know
your wishes will come true.
You have the ability to accomplish
anything!
With Love Always,
Mom



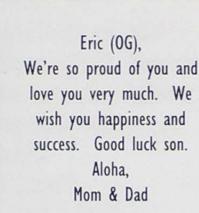
Amy Lynn Swank

Love that smile! Congratulations, Amy!
Love,
Mom, Dad and Kati



The greatest thrill and honor one can have is to be a parent. You have blessed our lives and we are excited about your future.







JILL BAKER
GRADUATION ISN'T "THE
END"... IT'S ONLY THE
BEGINNING!
WE LOVE YOU
MOM, DAD, SAM, KELLY,
RICKI AND ALL THE LITTLE
CRITTERS

CHRISTINA BITZ



Best of luck in the future! Love, Mom & Dad

Is life so dear or peace so sweet as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take; but as for me, give me liberty, or give me death!

-Patrick Henry



Thank you Eric for being a wonderful brother and son. We love you.

God bless you,

Mom, Dad, Adam & Valerie



Wh will no ch

Where ever you go
What ever you do,
In our hearts we ar
cheering for you.
Knock 'em out!
Love,
Mom, Dad & Cecily

Congratulations,
Naomi!
We're very proud
of you.





Congratulations Dana!

Love, Dad, Mom & Michael



May you continue to share your talents, laughter, and genuine concern for others as you pursue your dreams. We love you, Kara Helen Watermelon! Mom & Dad

Congratulations, Amy!



Still smiling after all those years!
We've loved every minute of it and we're so proud of you!
Love,
Mom, Dad & Julie



You make us so proud of you. To the sweetest girl in the world.

Love, Mom, Dad & family



Well done, Emily!
We wish you
continued success as
you fulfill your
dreams.
Our love always,
Zad and Mom

Kristi,

"Do not let others look down on you because you are young, but be an example for the believers in your speech, your conduct, your love, faith, and purity."

1 Timothy 4:12

Love Always,

Dad, Mom, Stacey &

Patrick





Karen,
Thanks for sharing your love,
curiosity and humor. We're very
proud of you and wish you much
happiness in the future!
Love Always,
Mom, Dad & Lori



OH, THE
PLACES YOU'LL
GO!
CONGRATULATIONS!
LOVE,
DAD & MOM



Andrew Vardeman

"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus."

I Thessalonians 5:16-18

Love,
Mom, Dad & Micah



Jamie Burrow
Your high school years
were good and fun. Thanks
for the memories. Take
care. Work hard. Good
luck at NU.
Love,
Mom and Dan, Dad, Robin
and Joey



Remember Usl
Remember life-long learning



Melissa Kate Poague
"So happy just to see you smile
Underneath the sky of blue . . ."
Love always,
Mom, Dad and Amy

In memory of John Scott Taylor



August 31, 1978-February 10, 1997

Congratulations & Good Luck, Emily!



CONTINUE TO WORK HARD AND DO YOUR BEST. WISHING YOU HAPPINESS AND HEALTH! Love always, Moni, Dad, Heidi and Julie



CONGRATULATIONS SENIOR DANCERS

... And thank you for sharing with me your love of dance.

Jill Baker, Kirsten Crase, Jennifer Clark, Natalie Deiter, Michelle Gano, Melissa Genovese, Amy Johnson, Melissa Kinyon, Elisabeth Kracher, Kristi McConnell, Amy VanSlyke, Erica Wehner





A Special Thank you...

The 1996-97 Spirit staff would like to thank the Ames businesses and senior parents for their contributions to the yearbook.

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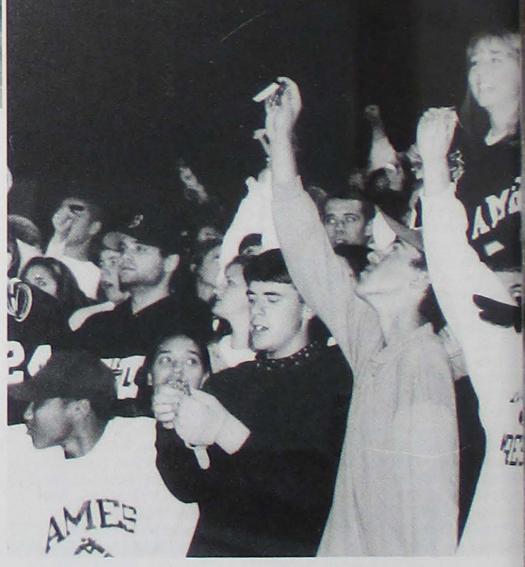
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The 1997 Spirit was completed by ten writers and five photographers using Aldus Pagemaker 5.0 and Microsoft 5.1 on four Power Macintoshes and two Performas (computers Ross and Andrew really enjoyed working on). Approximately 1250 copies of Footsteps were printed and sold for \$28 to \$35. The color of the cover is smoke 491 with the texture of Spanish grain. The cover has applications of rich gold 327 hot-foil and maroon 466 silkscreen. The headlines are in various fonts with captions in 10 point Palatino and body text in 12 point Palatino. Our in plant consultant was Dona James and our Jostens representative was Timothy Robson. In addition, I would like to give a special thanks to the following five people/groups. First, I would like to thank all of the businesses who took a chance with our new advertising program. Second, the media center ladies for their exceptional abilities in identifying pin-sized faces. Third, my little sister, Stacey, for all her help (especially with that awful index) even though she was only an honorary staff member. Next all the seniors who came back after graduation to help and especially Karen Marie Olson who was assistant editor without actually being given the recognition for it. And lastly to Mr. Darin Johnson for his long stressful hours as advisor. But despite all the stress, at some time or another we all had a little bit of fun, and I'd bet the farm on that.

-Kristi Lynn McConnell, editor-in-chief



Junior Jim Norris shows his spirit as the Ames High Little Cyclone in the Homecoming parade. (Photo by Lori Bates)



The crowd cheers on the football team during the kickoff. (Photo by Lori Bates)

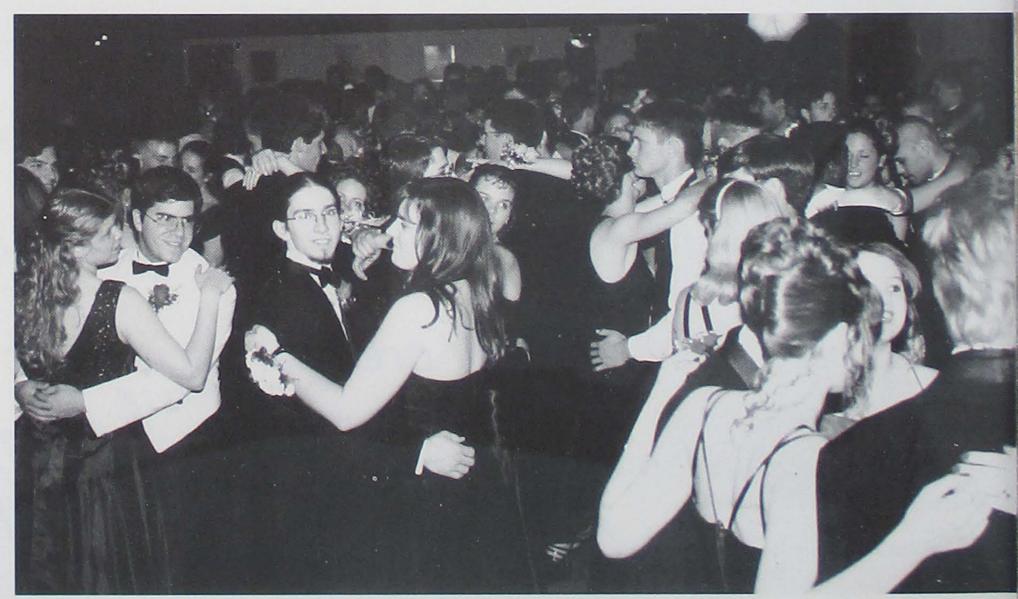
t times the days seemed endless as we wandered through the daily routine of classes and activities. But the moment we thought would never arrive came; we reached the end. Between the beginning and the end were the challenges and unforgetable moments. Between the first grueling practice and the State Competition, hours of time were spent in preparation. Auditions, memorization and crew work preceded the night a cast waited nervously for the curtain to be raised. The high school student who

crossed the stage to descend the stairs as a graduate was the product of years of hard work and memories. As we walked out the doors of Ames High for the last time this year, we left behind the trail of our greatest accomplishments and memories through our FOOTSTEPS.









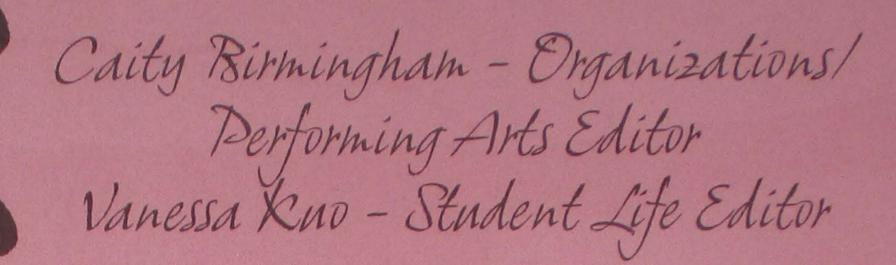












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